



Speedy Chicken Noodles with Mangetout and Pepper

Family Hands on Time: 15 Minutes • Total Time: 15 Minutes • 1 of your 5 a day

7



Egg Noodle Nest



Diced Chicken Breast



Bell Pepper



Spring Onion



Lime



Mangetout



Ketjap Manis



Soy Sauce



Salted Peanuts

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Kettle, Saucepan, Sieve, Frying Pan, Wooden Spoon, Bowl.

Ingredients

	2P	3P	4P
Egg Noodle Nest 8) 13)	2 nests	3 nest	4 nests
Diced Chicken Breast**	280g	420g	560g
Bell Pepper***	1	2	2
Spring Onion**	1	2	4
Lime**	½	1	1
Mangetout**	80g	150g	150g
Ketjap Manis 11) 13)	1 sachet	2 sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets
Salted Peanuts 1)	25g	40g	40g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	391g	100g
Energy (kJ/kcal)	2300 / 550	588 / 141
Fat (g)	10	3
Sat. Fat (g)	2	1
Carbohydrate (g)	68	17
Sugars (g)	16	4
Protein (g)	49	13
Salt (g)	2.22	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Cook the Noodles

- Fill and boil your kettle.
- Fill a saucepan with boiling **water** and bring back to the boil on high heat.
- Add the **noodles** and boil for 4 mins.
- When cooked, drain in a sieve. Return the **noodles** to the pan and refill with cold **water**. **Tip:** This will stop the noodles from sticking together!



Stir-fry Time

- Add the **pepper**, **mangetout** and **half** the **spring onions** to the **chicken**.
- Stir-fry for another 3-4 mins.



Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan or wok over high heat.
- When hot, add the **chicken** and fry, stirring occasionally until starting to brown, 4-5 mins.



Finish Up

- Drain the **noodles**, then add to the pan along with the **ketjap manis** and **soy sauce**.
- Toss together until piping hot and the **chicken** is cooked, another 2-3 mins. **TIP:** Add a splash of water if you feel it needs it. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Chop, Chop

- Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Trim and thinly slice the **spring onions**.
- Cut the **lime** into **wedges**.



Serve

- Add **salt** and **pepper** to taste.
- Serve the stir-fry in bowls topped with the remaining **spring onions**, **peanuts** and **lime wedges** for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.