



Speedy Chicken Noodles with Mangetout and Sliced Mushrooms

Rapid 20 Minutes • 1 of your 5 a day

12



Egg Noodle Nest



Diced Chicken Breast



Sliced Mushrooms



Spring Onion



Lime



Mangetout



Ketjap Manis



Soy Sauce



Honey



Salted Peanuts

Pantry Items
Tomato Ketchup

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, colander, frying pan and bowl.

Ingredients

	2P	3P	4P
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Diced Chicken Breast**	280g	420g	560g
Sliced Mushrooms**	120g	180g	240g
Spring Onion**	1	2	2
Lime**	½	1	1
Mangetout**	80g	150g	150g
Ketjap Manis 11)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	25ml	25ml	50ml
Honey	1 sachet	2 sachets	2 sachets
Tomato Ketchup*	3 tbsp	4½ tbsp	6 tbsp
Salted Peanuts 1)	25g	40g	40g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	412g	100g
Energy (kJ/kcal)	2626 /628	637 /152
Fat (g)	10	3
Sat. Fat (g)	2	1
Carbohydrate (g)	83	20
Sugars (g)	30	7
Protein (g)	50	12
Salt (g)	5.73	1.39

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Noodles

- Fill and boil your kettle.
- Pour the **boiling water** into a saucepan on high heat.
- Add the **noodles** and bring back to the boil. Cook until tender, 4 mins.
- Once cooked, drain in a colander. **TIP:** Run the noodles under cold water to stop them sticking together.



Stir-Fry Time

- Add the **mushrooms** to the **chicken** and stir fry for 2-3 mins.
- Add the **mangetout** and **half the spring onions** to the pan and stir-fry for another 3-4 mins.



Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan or wok on high heat.
- When hot, add the **chicken** and fry, stirring occasionally, until starting to brown, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Finish Up

- Add the **cooked noodles** to the pan along with the **ketjap manis, soy sauce, honey and ketchup** (see ingredients for amount). **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.
- Add a squeeze of **lime juice** and toss everything 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

- While the **chicken** cooks, trim and thinly slice the **spring onion**.
- Cut the **lime** into wedges.



Serve

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

Enjoy!