

# **Speedy Chicken Noodles**

with Green Beans and Pepper

Eat Me Early · 20 Minutes · 1 of your 5 a day









Egg Noodle Nest





Green Beans

Diced Chicken Breast





Bell Pepper



Lime



Soy Sauce



Ketjap Manis

Honey



Tomato Ketchup

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 and frying pan.

#### Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Green Beans**	80g	150g	150g
Diced Chicken Breast**	280g	420g	560g
Bell Pepper***	1	2	2
Lime**	1/2	1	1
Ketjap Manis 11)	2 sachets	3 sachets	4 sachets
Soy Sauce <b>11) 13)</b>	25ml	25ml	50ml
Honey	1 sachet	2 sachets	2 sachets
Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp

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

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	410g	100g
Energy (kJ/kcal)	2343 /560	572/137
Fat (g)	3.9	1.0
Sat. Fat (g)	1.0	0.2
Carbohydrate (g)	83.8	20.5
Sugars (g)	30.0	7.3
Protein (g)	46.6	11.4
Salt (g)	5.39	1.32

Nutrition for uncooked ingredients based on 2 person recipe.

## **Allergens**

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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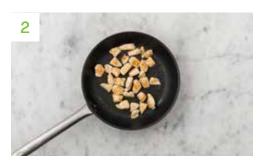
60 Worship St, London EC2A 2EZ





#### Cook the Noodles and Beans

- **a)** Fill and boil your kettle. Trim the **green beans** and cut into thirds.
- **b)** Pour the boiling **water** into a saucepan on high heat.
- **c)** Add the **noodles** and **green beans** and bring back to the boil. Cook until tender, 4 mins.
- **d)** Once cooked, drain in a colander. **TIP**: Run the noodles under cold water to stop them sticking together and to keep the beans vibrant.



# Fry the Chicken

- **a)** Meanwhile, heat a drizzle of **oil** in a large frying pan or wok on high heat.
- **b)** Once the **oil** is 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.



# **Prep Time**

- **a)** Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips.
- b) Cut the lime into wedges.



# Bring on the Pepper

a) Add the **pepper** to the **chicken** and stir-fry for 3-4 mins more.



## Sauce Things Up

- a) Stir the cooked noodles and beans into 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.
- **b)** Squeeze in some **lime juice** and stir-fry until everything is piping hot and the **chicken** is cooked through, another 2-3 mins. Add a splash of **water** if you feel it needs it. **IMPORTANT**: The chicken is cooked when no longer pink in the middle.



#### Serve

- **a)** When the **stir-fry** is ready, add **salt** and **pepper** to taste, then share between your bowls.
- **b)** Serve your **chicken noodles** with the remaining **lime wedges** alongside for squeezing over.

#### Enjoy!