



Speedy Chicken Noodles

with Green Beans and Pepper

Rapid Eat Me Early • 20 Minutes • 1 of your 5 a day

12



Egg Noodle Nest



Green Beans



Diced Chicken Breast



Bell Pepper



Lime



Ketjap Manis



Soy Sauce



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**	½	1	1
Ketjap Manis 11)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

 You can recycle me!



1



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.

4



Bring on the Pepper

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

2



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.

5



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.

3



Prep Time

a) Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips.

b) Cut the **lime** into **wedges**.

6



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!