



Speedy Chicken Noodles with Mangetout and Pepper

Rapid 20 Minutes • 1 of your 5 a day

16



Egg Noodle Nest



Diced Chicken Breast



Bell Pepper



Spring Onion



Lime



Mangetout



Ketjap Manis



Soy Sauce



Honey



Salted Peanuts



King Prawns



CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!


Before you start

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

Cooking tools, you will need:

Kettle, Saucepan, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Diced Chicken Breast**	280g	420g	560g
Bell Pepper***	1	2	2
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 tbsps	4½ tbsps	6 tbsps
Salted Peanuts 1)	40g	40g	40g
 King Prawns** 5)	150g	225g	300g

*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	445g	100g
Energy (kJ/kcal)	2275/544	512/122
Fat (g)	14	3
Sat. Fat (g)	2	1
Carbohydrate (g)	58	13
Sugars (g)	32	7
Protein (g)	47	11
Salt (g)	4.94	1.11
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	512g	100g
Energy (kJ/kcal)	2298/549	449/107
Fat (g)	11	2
Sat. Fat (g)	2	1
Carbohydrate (g)	57	11
Sugars (g)	32	7
Protein (g)	57	11
Salt (g)	5.69	1.11

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 5) Crustaceans 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.

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Cook the Noodles

- Fill and boil your kettle.
- Fill a saucepan with boiling **water** and bring back to the boil on high heat.
- When boiling, add the **noodles** to the **water** and bring back to the boil again. 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 **pepper**, **mangetout** and **half** the **spring onions** to the **chicken** and stir-fry for another 3-4 mins.



CUSTOM RECIPE

If you've added **prawns** to your recipe, add them to the pan when you add the **prawns** and **mangetout** in the step above and cook for the same amount of time. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle. Wash your hands after handling raw prawns and their packaging.

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.



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. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging.



Finish Up

- Drain the **noodles**, then add 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

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



Serve

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

Enjoy!