













Spicy Szechuan Chicken Noodles

With Bok Choy, Coriander and Peanuts

Extra Rapid 10 Minutes • Very Hot

27



-  Pre-Pulled Chicken
-  Bok Choy
-  Salted Peanuts
-  Chilli Flakes
-  Udon Noodles
-  Sriracha
-  Szechuan Paste
-  Soy Sauce
-  Coriander
-  Spring Onion

Before you start

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

Cooking tools, you will need:

Large Frying Pan

Ingredients

	2P	3P	4P
Pre-Pulled Chicken**	200g	300g	400g
Bok Choy**	1	2	2
Salted Peanuts 1)	40g	65g	80g
Chilli Flakes	1 pinch	1 pinch	1 pinch
Udon Noodles 13)	2 packs	3 packs	4 packs
Sriracha	1 sachet	2 sachets	2 sachets
Szechuan Paste 11)	1 sachet	2 sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	2 sachets	2 sachets
Water for the Sauce*	75ml	100ml	150ml
Coriander**	1 bunches	1 bunches	1 bunches
Spring Onion**	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	417g	100g
Energy (kJ/kcal)	2341/560	561/134
Fat (g)	13	3
Sat. Fat (g)	2	1
Carbohydrate (g)	65	16
Sugars (g)	10	2
Protein (g)	44	10
Salt (g)	4.35	1.04

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 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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Packed in the UK

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 You can recycle me!



1



2



3



Prep

- Pop a large frying pan or wok on a medium-high heat. When hot, Add the **pulled chicken** and cook stirring occasionally until piping hot, 4-6 mins.
- Meanwhile, trim the **bok choy** then thinly slice widthways.
- Finely chop the **salted peanuts** or crush them with the base of a pan.

Make it Saucy

- Once the **chicken** is piping hot, add the **bok choy** and **chilli flakes**, stir-fry for 1 minute.
- Add the **Udon noodles**, **sriracha**, **Szechuan paste**, **soy sauce** and **water** (see ingredients for amount)
- Break the **noodles** up as you stir them through, ensuring they are fully coated with **sauce** and cook for 2-3 mins.

Finish & Serve

- Whilst the **sauce** and **noodles** cook, finely chop the **coriander** (stalks and all) and trim the **spring onion** and finely slice.
- Once the **noodles** have softened, share them between your bowls.
- Sprinkle over the **spring onion**, **coriander** and **peanuts**.

Enjoy!