

Spicy Szechuan Chicken Noodles With Bok Choy, Coriander and Peanuts

Extra Rapid 10 Minutes • Very Hot







Pre-Pulled Chicken







Salted Peanuts







Sriracha

Chilli Flakes

Udon Noodles



Szechuan Paste



Soy Sauce



Coriander



Spring Onion

Before you start

Our fruit and veggies need a little wash before you use

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
Satt (8)	1100	210 1

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

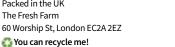
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Prep

- a) 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.
- b) Meanwhile, trim the bok choy then thinly slice widthways.
- c) Finely chop the salted peanuts or crush them with the base of a pan.



Make it Saucy

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



Finish & Serve

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

Enjoy!