



Sticky Asian Style Chicken Stir-Fry with Noodles & Peppers

Family Eat Me Early • 30 Minutes • Little Spice • 1 of your 5 a day

7



Bell Pepper



Carrot



Garlic Clove



Red Chilli



Coriander



Mango Chutney



Ketchup



Soy Sauce



Lime



Salted Peanuts



Egg Noodle Nest



Diced Chicken Thigh

Before you start

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

Cooking tools, you will need:

Saucepan, Grater, Garlic Press, Bowl, Sieve, Frying Pan, Wooden Spoon, Plate.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Carrot**	1	1	2
Garlic Clove	1	1	2
Red Chilli**	½	½	1
Coriander**	1 bunch	1 bunch	1 bunch
Mango Chutney	1 sachet	2 sachets	2 sachets
Ketchup 10	1 sachet	2 sachets	2 sachets
Soy Sauce 11 13	1 sachet	2 sachets	2 sachets
Water*	1 tbsp	1½ tbsp	2 tbsp
Lime**	½	¾	1
Salted Peanuts 1	25g	40g	50g
Egg Noodle Nest 8 13	2 nests	3 nests	4 nests
Diced Chicken Thigh**	280g	420g	560g

*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	443g	100g
Energy (kJ/kcal)	2190/523	494/118
Fat (g)	21	5
Sat. Fat (g)	5	1
Carbohydrate (g)	46	10
Sugars (g)	24	5
Protein (g)	37	9
Salt (g)	2.20	0.72

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 10) Celery 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 Time

Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Trim the **carrot** (no need to peel) and grate on the coarse side of your grater. Peel and grate the **garlic** (or use a garlic press). Thinly slice the **red chilli** and roughly chop the **coriander** (stalks and all).



Make the Sauce

Mix the **mango chutney** with the **ketchup**, **soy sauce** and the **water** (see ingredients for amount) in a small bowl. Keep to one side. Chop the **lime** into **wedges**. Finely chop the **peanuts**.



Cook the Noodles

When the **water** is boiling, add the **noodles** and cook until tender, 4 mins. Once cooked, drain in a sieve. **TIP: Run the noodles under cold water to stop them sticking together.**



Stir-Fry the Chicken

Meanwhile, heat a splash of **oil** in a frying pan or wok over medium-high heat. When the **oil** is hot, add the **chicken** and stir-fry until browned and cooked through, 10-12 mins. **TIP: You might want to cook the chicken in batches to prevent it from stewing instead of frying.** Transfer the **chicken** to a bowl once cooked, then return the pan to the heat. **IMPORTANT: Wash your hands after handling raw chicken. The chicken is cooked when it is no longer pink in the middle.**



Add the Veggies

Add another splash of **oil** to your (now empty) pan if necessary and, when hot, add the **peppers**. Stir-fry until softened, 4-5 mins. Then add the **carrot**, **garlic** and **sauce**. Bring to the boil and add the **chicken** and **noodles** to the pan. Toss to coat in the **sauce** and cook until everything is piping hot, 2-3 mins. Stir frequently. **TIP: Add a splash of water if you feel it needs it.**



Serve

Divide the stir-fry between your plates. Add a sprinkling of **peanuts**, **coriander** and **chilli**. Finish with a **wedge of lime**.

Enjoy!

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.