



Sticky Chicken Noodle Stir-Fry

with Peppers, Coriander and Cashews

24

Calorie Smart 25 Minutes • Mild Spice • 1 of your 5 a day • Under 600 Calories



-  Bell Pepper
-  Carrot
-  Garlic Clove
-  Red Chili
-  Coriander
-  Mango Chutney
-  Bulgogi Sauce
-  Soy Sauce
-  Cashew Nuts
-  Egg Noodle Nest
-  Diced Chicken Thigh

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, grater, bowl, sieve and frying pan.

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 | 1½ sachets | 2 sachets |
| Bulgogi Sauce 11 | 75g | 112g | 150g |
| Soy Sauce 11 13 | 15ml | 25ml | 30ml |
| Tomato Ketchup* | 2 tbsp | 3 tbsp | 4 tbsp |
| Water for the Sauce* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Cashew Nuts 2 | 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 | 445g | 100g |
| Energy (kJ/kcal) | 2387 /570 | 537 /128 |
| Fat (g) | 22 | 5 |
| Sat. Fat (g) | 5 | 1 |
| Carbohydrate (g) | 56 | 13 |
| Sugars (g) | 34 | 8 |
| Protein (g) | 36 | 8 |
| Salt (g) | 2.66 | 0.60 |

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

2) Nut 8) Egg 11) Soya 13) 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

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Prep Time

Bring a large saucepan of **water** to the boil with ½ **tsp salt**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **carrot** (no need to peel), then coarsely grate. Peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed, then thinly slice. Roughly chop the **coriander** (stalks and all).



Stir-Fry the Chicken

Meanwhile, heat a drizzle of **oil** in a frying pan or wok over medium-high heat. When hot, add the **chicken** and stir-fry until golden brown on the outside and cooked through, 8-10 mins. **TIP: Cook the chicken in batches to prevent it from stewing.** Once cooked, transfer to a bowl. **IMPORTANT: Wash your hands after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.**



Make the Sauce

Mix the **mango chutney** with the **bulgogi, soy sauce, ketchup** and the **water for the sauce** (see ingredients for both amounts) in a small bowl. Keep to one side. Finely chop the **cashews**.



Add the Veggies

Return your (now empty) pan to medium-high heat and add another drizzle of **oil** if necessary. When hot, add the **peppers**. Stir-fry until softened, 4-5 mins. Add the **carrot, garlic** and **sauce**, then bring to the boil. Once boiling, stir through the **cooked chicken and noodles**. 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.**



Cook the Noodles

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



Serve

Divide the **stir-fry** between your bowls. Finish with a sprinkling of **cashews, coriander** and **chilli** (careful, it's hot - add less if you don't like heat).

Enjoy!

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18

