



# Sticky Chicken Noodle Stir-Fry with Peppers

Calorie Smart **Eat Me Early** • 25-30 Minutes • Mild Spice • Under 650 Calories

24



Green Pepper



Carrot



Garlic Clove



Red Chilli



Mango Chutney



Bulgogi Sauce



Soy Sauce



Tomato Ketchup



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

## Ingredients

	2P	3P	4P
Green Pepper**	1	2	2
Carrot**	1	1	2
Garlic Clove**	1	1	2
Red Chilli**	½	½	1
Mango Chutney	1 sachet	1½ sachets	2 sachets
Bulgogi Sauce <b>11)</b>	75g	112g	150g
Soy Sauce <b>11) 13)</b>	25ml	25ml	50ml
Tomato Ketchup	1 sachet	2 sachets	2 sachets
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp
Egg Noodle Nest <b>8) 13)</b>	2 nests	3 nests	4 nests
Diced Chicken Thigh**	280g	420g	560g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	433g	100g
Energy (kJ/kcal)	2705 / 646	625 / 149
Fat (g)	16	4
Sat. Fat (g)	4	1
Carbohydrate (g)	82	19
Sugars (g)	33	8
Protein (g)	40	9
Salt (g)	4.20	0.97

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

## Allergens

8) Egg 11) Soya 13) Cereals containing 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.

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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.



## Make the Sauce

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



## Cook the Noodles

When your pan of **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.



## Stir-Fry the Chicken

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



## 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.



## Serve

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

## Enjoy!

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