

Sticky Chicken Noodle Stir-Fry with Peppers



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





Green Pepper



Garlic Clove







Red Chilli





Bulgogi Sauce

Mango Chutney



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**	1/2	1/2	1
Mango Chutney	1 sachet	1½ sachets	2 sachets
Bulgogi Sauce 11)	75g	112g	150g
Soy Sauce 11) 13)	25ml	25ml	50ml
Tomato Ketchup	1 sachet	2 sachets	2 sachets
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp
Egg Noodle Nest 8) 13)	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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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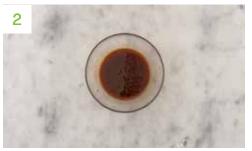
Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ





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!







