



# Stir-Fried Chicken Noodles with Hoisin Sauce

Calorie Smart 30 Minutes • 1 of your 5 a day • Under 600 Calories

27



Bell Pepper



Sugar Snap Peas



Garlic Clove



Ginger



Spring Onion



Cashew Nuts



Egg Noodle Nest



Diced Chicken Thigh



Hoisin Sauce



Honey



Soy Sauce

## Before you start

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

## Cooking tools, you will need:

Garlic Press, Grater, Frying Pan, Saucepan, Sieve and Bowl.

## Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Sugar Snap Peas**	80g	150g	150g
Garlic Clove**	1	2	2
Ginger	1	2	2
Spring Onion**	1	2	2
Cashew Nuts 2)	12g	18g	25g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Diced Chicken Thigh**	210g	350g	420g
Hoisin Sauce 11)	2 sachets	3 sachets	4 sachets
Honey	1 sachet	2 sachets	2 sachets
Soy Sauce 11) 13)	25ml	37ml	50ml
Water for the Sauce*	50ml	75ml	100ml

\*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	373g	100g
Energy (kJ/kcal)	1823 /436	489 /117
Fat (g)	14	4
Sat. Fat (g)	3	1
Carbohydrate (g)	45	12
Sugars (g)	23	6
Protein (g)	31	8
Salt (g)	3.63	0.97

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

## Allergens

2) Nut 8) Egg 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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HelloFresh UK

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## Prep the Veg

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Chop the **sugar snap peas** into thirds. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Trim and thinly slice the **spring onion**. Heat a large frying pan over medium heat (no **oil**). Once hot, add the **cashews** and cook, stirring regularly, until lightly toasted, 2-3 mins. **TIP: Watch them like a hawk as they can burn easily.** Once toasted, pop into a small bowl.



## Make the Glaze

While the **chicken** and **noodles** cook, pop the **hoisin sauce, honey, soy sauce** and **water** (see ingredients for amount) into a small bowl. Mix well and set aside. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**



## Cook the Noodles

Meanwhile, bring a saucepan of **water** up to the boil with  $\frac{1}{4}$  **tsp salt** for the **noodles**. When 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.**



## Glaze it Up

Once everything has cooked, pop the **noodles, sugar snap peas** and **hoisin glaze** into the pan with the **chicken**. Mix well to combine and cook for 2-3 mins until everything is piping hot and the **sauce** has thickened to coat the **noodles**. Taste and season with **salt** and **pepper** if needed. **TIP: Add a splash more water if the noodles are a little dry.**



## Cook the Chicken

Return the frying pan to a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** and **pepper** to the pan and stir-fry until golden brown on the outside and cooked through, 8-10 mins. Stir through the **garlic** and **ginger**, cook for a further 1 min. **IMPORTANT: Wash your hands after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.**



## Time to Serve

Share the **hoisin chicken noodles** between your bowls. Sprinkle over the **cashew nuts** and **spring onion**.

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.