



Stir-Fried Hoisin Chicken Noodles

with Pepper and Sugar Snap Peas

24

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



Bell Pepper



Sugar Snap Peas



Garlic Clove



Spring Onion



Egg Noodle Nest



Diced Chicken Thigh



Ginger Puree



Hoisin Sauce



Honey



Soy Sauce

Pantry Items
Water

Before you start

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

Cooking tools

Garlic press, frying pan, bowl, saucepan, sieve and measuring jug.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Sugar Snap Peas**	80g	150g	150g
Garlic Clove**	1	2	2
Spring Onion**	1	2	2
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Diced Chicken Thigh**	210g	350g	420g
Ginger Puree	1 sachet	2 sachets	2 sachets
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	364g	100g
Energy (kJ/kcal)	2344 /560	644 /154
Fat (g)	12	3
Sat. Fat (g)	3	1
Carbohydrate (g)	76	21
Sugars (g)	24	7
Protein (g)	35	10
Salt (g)	4.79	1.32

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

Allergens

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.

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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). Trim and thinly slice the **spring onion**.



Make the Glaze

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



Cook the Noodles

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



Heat Things 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.**



Stir-Fry the Chicken

Pop a large 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 the **chicken** is golden brown and cooked through and the **pepper** is softened, 8-10 mins. Stir through the **garlic** and **ginger puree**, cook for a further 1 min. **IMPORTANT: Wash your hands and equipment 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 **spring onion**.

Enjoy!

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