



Stir-Fried Hoisin Chicken Noodles with Pepper, Sugar Snap Peas and Peanuts

Family Eat Me Early • 25-30 Minutes • 1 of your 5 a day

7



Green Pepper



Sugar Snap Peas



Garlic Clove



Spring Onion



Salted Peanuts



Egg Noodle Nest



Diced Chicken Thigh



Ginger Puree



Hoisin Sauce



Soy Sauce

Pantry Items
Sugar

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 and sieve.

Ingredients

	2P	3P	4P
Green Pepper**	1	2	2
Sugar Snap Peas**	80g	150g	150g
Garlic Clove**	1	2	2
Spring Onion**	1	2	2
Salted Peanuts 1)	25g	25g	25g
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)	64g	96g	128g
Soy Sauce 11) 13)	25ml	38ml	50ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	371g	100g
Energy (kJ/kcal)	2560 /612	690 /165
Fat (g)	19	5
Sat. Fat (g)	4	1
Carbohydrate (g)	70	19
Sugars (g)	20	5
Protein (g)	39	10
Salt (g)	5.26	1.42

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 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.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Prep the Veg

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **sugar snap peas**. Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**. Roughly chop the **peanuts**. Heat a large frying pan on medium heat (no oil). Once hot, add the **peanuts** and dry-fry, 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 Hoisin Glaze

While the **chicken** and **noodles** cook, pop the **hoisin sauce**, **soy sauce**, **sugar** and **water for the sauce** (see ingredients for both amounts) into a small bowl. 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

Return the frying pan to medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** and **pepper** and stir-fry until the **chicken** is golden brown and cooked through and the **pepper** has softened, 8-10 mins. Stir through the **garlic** and **ginger puree**, then fry for 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 **toasted peanuts** and **spring onion**.

Enjoy!