



# Sweet and Sour Style Chicken with Bell Pepper, Sugar Snaps and Noodles

Calorie Smart 25 Minutes • 2 of your 5 a day • Under 600 Calories

27



Red Onion



Bell Pepper



Sugar Snap Peas



Spring Onion



Garlic Clove



Cornflour



Diced Chicken Thigh



Noodles



Ketjap Manis



Rice Vinegar



Ketchup

## Before you start

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

## Cooking tools, you will need:

Saucepan, Garlic press, Bowl, Frying pan, Sieve.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	1	2	2
Sugar Snap Peas**	80g	150g	150g
Spring Onion**	1	2	2
Garlic Clove**	2	3	4
Cornflour	10g	15g	20g
Diced Chicken Thigh**	210g	350g	420g
Noodles <b>8) 13)</b>	2 nests	3 nests	4 nests
Ketjap Manis <b>11) 13)</b>	2 sachets	3 sachets	4 sachets
Rice Vinegar	3 sachets	4 sachets	5 sachets
Water for the Sauce*	75 ml	100 ml	150 ml
Ketchup <b>10)</b>	1 sachet	2 sachets	2 sachets

\*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	431g	100g
Energy (kJ/kcal)	1845/441	428/102
Fat (g)	11	3
Sat. Fat (g)	3	1
Carbohydrate (g)	55	13
Sugars (g)	29	7
Protein (g)	29	7
Salt (g)	1.76	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

8) Egg 10) Celery 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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You can recycle me!



## Get Prepped

Bring a large saucepan of **water** to the boil. Halve, peel and thinly slice the **red onion**. Halve the **pepper**, discard the core and seeds then thinly slice. Chop the slices into 3 pieces. Halve the **sugar snap peas** lengthways. Trim and thinly slice the **spring onion**. Peel and grate the **garlic** (or use a garlic press). Put the **cornflour** into a large bowl and season with **salt** and **pepper**. Add the **chicken pieces** to the bowl and toss to coat completely in the **cornflour**. **IMPORTANT:** Wash your hands after handling chicken and its packaging.



## Cook the Chicken

Pop your (now empty) frying pan back on medium-high heat and add a drizzle of **oil** if necessary. When hot, add the **chicken** and fry, turning frequently until golden on each side, 8-10 mins. Meanwhile, put the **ketjap manis** and **rice vinegar** into a bowl with **water** (see ingredients for amount) and stir together. Once the **chicken** is golden, add the **onion** and **pepper** back into the pan and stir together for another minute.



## Cook the Veg

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **pepper**, season with **salt** and **pepper** and fry until beginning to soften, 3-4 mins, stirring occasionally. Add the **red onion** to the **pepper** and cook until the **onion** has softened, 2-3 mins, stirring occasionally. Add the **garlic**, cook for 1 min more, then transfer the **veg** to a bowl, leave to the side. Keep your pan, we'll use it again.



## Simmer

Pour the **sauce** into the pan with the **chicken** and **vegetables**, reduce the heat to medium and simmer, stirring occasionally until the mixture has reduced slightly and is looking a little sticky and the **chicken** is cooked, 2-3 mins. Add the **sugar snap peas** 2 mins into the simmering time. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Remove the pan from the heat and add **salt** and **pepper** to taste.



## Cook the Noodles

While the **veg** cooks, add the **noodles** to the boiling **water** and cook until tender, 4 mins. Once cooked, drain in a sieve. **TIP:** Run the noodles under cold water to stop them sticking together.



## Finish and Serve

Add the **drained noodles** to the frying pan with the **chicken** and **veg** and toss to coat. **TIP:** Add a splash more water if dry. Serve in bowls and sprinkle over the sliced **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.