



SWEET CHILLI CHICKEN

with Chinese Leaf, Noodles and Peanuts



HELLO GINGER

A ginger plant can grow up to 4ft. tall.



Sweet Chilli Sauce



Soy Sauce



Diced Chicken Breast



Ginger



Garlic Clove



Spring Onion



Red Pepper



Lime



Coriander



Salted Peanuts



Egg Noodles



Chopped Chinese Leaf

MEAL BAG

20 mins

2 of your 5 a day

Little heat

Rapid recipe

Packed full of flavour and freshness, transport your taste buds to the fringe palmed beaches of Thailand by recreating this classic weeknight favourite. Sizzling chicken, vibrant vegetables and soft egg noodles are tossed in a tangy, sticky sweet and sour sauce and can be only the table in no time at all. Top with crunchy peanuts, fresh coriander and a good squeeze of fresh lime and you're done! For those up to the challenge why not try eating this bowlful with a pair chopsticks...

GET **PREPARED!**

Fill and boil your **Kettle**.

BEFORE YOU START

🔥 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Mixing Bowl, Fine Grater, Large Saucepan, Sieve and Large Frying Pan** (or **Wok**). Let's start cooking the **Sweet Chilli Chicken with Chinese Leaf, Noodles and Peanuts**.



1 MARINATE THE CHICKEN

- In a mixing bowl, mix together the **sweet chilli sauce** and **half** the **soy sauce**.
- Pop the **diced chicken breast** into the bowl and mix well to evenly coat.
 - 🚫 **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat! Cover, and pop the bowl in the fridge while you prepare the **veggies**.



4 STIR-FRY THE CHICKEN

- Meanwhile, heat a glug of **oil** in a large frying pan (or wok) over medium-high heat.
- When hot, pop the **chicken** and it's **marinade** into the pan. Stir-fry the **chicken** until golden all over and cooked through, 6-8 mins. 🚫 **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.
- Once cooked, transfer the **chicken** to a clean bowl (or plate) and give the pan a rinse.



2 GET CHOPPING

- Peel and finely grate the **ginger**. Peel and grate the **garlic** (or use a garlic press). Trim the **spring onion** and thinly slice.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips. Zest the **lime** and cut into wedges. Roughly chop the **coriander** (stalks and all). Roughly chop the **peanuts**.



5 ADD THE VEGGIES

- Return the pan to the heat and add an extra splash of **oil**. Stir-fry the **Chinese leaf** and **red pepper** until softened slightly, 3-4 mins.
- Add the **garlic, ginger** and **half** the **spring onion**. Mix well and cook for 1 minute. Stir in the **lime zest**, a good squeeze of **juice** from **half** the **lime** and season well with **black pepper**. Cook for 1 minute more.



3 COOK THE NOODLES

- Fill a large saucepan with the boiling water from the kettle and bring back to the boil. Add the **noodles** and a good pinch of salt.
- Stir and cook for 4 mins. Drain in a sieve and run under cold water to stop them from sticking together.
- Cover and set aside.



6 FINISHING TOUCHES

- Return the **noodles** and **chicken** to the pan, along with **half** the **coriander**.
- Stir gently to combine and cook until everything is piping hot, 2-3 mins. Divide the **chicken** and **noodles** between your plates and drizzle over the remaining **soy sauce**. Finish with the rest of the **spring onion**, the remaining **coriander** and the **peanuts** sprinkled on top. Serve the extra **lime wedges** on the side.

ENJOY!

2-4 PEOPLE INGREDIENTS

	2P	3P	4P
Sweet Chilli Sauce	1 sachet	1½ sachets	2 sachets
Soy Sauce ¹¹ ¹³	1 sachet	2 sachets	2 sachets
Diced Chicken Breast *	280g	420g	560g
Ginger *	½ piece	¾ piece	1 piece
Garlic Clove *	1	2	2
Spring Onion *	2	3	4
Red Pepper *	1	1½	2
Lime *	1	1½	2
Coriander *	1 bunch	1 bunch	1 bunch
Salted Peanuts ¹	1 small bag	1 large bag	1 large bag
Egg Noodles ⁸ ¹³	2 nests	3 nests	4 nests
Chopped Chinese Leaf *	1 bag	1½ bags	2 bags

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 450G	PER 100G
Energy (kJ/kcal)	2341/560	520/124
Fat (g)	12	3
Sat. Fat (g)	4	1
Carbohydrate (g)	64	14
Sugars (g)	17	4
Protein (g)	48	11
Salt (g)	3.23	0.72

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 8) Egg 11) Soya 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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