



Sweet Chilli Chicken

with Chinese Leaf, Noodles and Peanuts

Rapid 20 Minutes • Little Spice

15



Ginger



Garlic Clove



Spring Onion



Bell Pepper



Lime



Coriander



Salted Peanuts



Sweet Chilli Sauce



Soy Sauce



Egg Noodle Nest



Diced Chicken Breast



Chinese Leaf



King Prawns



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.


Before you start

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

Cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Ginger**	½ piece	¾ piece	1 piece
Garlic Clove	1	2	2
Spring Onion**	1	2	2
Green Pepper**	1	2	2
Lime**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Salted Peanuts 1)	25g	40g	40g
Sweet Chilli Sauce	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	1 sachet	2 sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Diced Chicken Breast**	280g	420g	560g
Chinese Leaf **	120g	180g	240g
 King Prawns 5)**	150g	250g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	440g	100g
Energy (kJ/kcal)	2319 /554	529 /126
Fat (g)	10	2
Sat. Fat (g)	2	1
Carbohydrate (g)	68	15
Sugars (g)	16	4
Protein (g)	49	11
Salt (g)	2.14	0.49

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	513g	100g
Energy (kJ/kcal)	2513 /601	490 /117
Fat (g)	11	2
Sat. Fat (g)	2	1
Carbohydrate (g)	68	13
Sugars (g)	16	3
Protein (g)	60	12
Salt (g)	3.13	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 5) Crustaceans 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.

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The Fresh Farm

60 Worship St, London EC2A 2EZ

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Get Prepped

Bring a medium sized pan of **water** to the boil for the **noodles**. Peel and finely grate the **ginger**. Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onions**. 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**. Pop the **sweet chilli** and **soy sauce** into a bowl along with the **water** (see ingredients for amount). Mix together and set aside.



Fry the Veggies

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



Cook the Noodles

When the **water** is boiling, add the **noodles** and 1/4 tsp of **salt**. Stir, then cook for 4 mins. Drain in a sieve and run under cold **water** to stop them from sticking together. Cover and set aside.



Combine

Add the **noodles** to the pan along with your **sauce** and **half** the **coriander**. Stir gently to combine and cook until everything is piping hot, 2-3 mins. **TIP:** Add a splash of water to loosen if necessary-



CUSTOM RECIPE

If you've added **prawns** to your meal, add them to the pan when you add the **pepper** and **Chinese leaf** to the pan. Stir fry for the same amount of time. **IMPORTANT:** The prawns are cooked when **pink on the outside and opaque in the middle**.



Fry the Chicken

Meanwhile, heat a glug of **oil** in a large frying pan (or wok) over medium-high heat. Once the **oil** is hot, add the **chicken** to the pan and season with **salt** and **pepper**. Stir-fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Once cooked, transfer the **chicken** to a clean bowl (or plate), keep the pan you'll use it again.



Serve

Divide the **noodles** between your plates. Finish the dish with the remaining **coriander** and the **peanuts** sprinkled on top. Serve the extra **lime wedges** on the side for squeezing over.

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.