

Speedy Chicken Noodles

with Mangetout and Pepper



20 Minutes • 1 of your 5 a day









Egg Noodle Nest







Bell Pepper





Mangetout



Soy Sauce



Ketjap Manis

Honey

Before you start

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

Cooking tools

Kettle, saucepan, colander and frying pan.

Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest 8) 13)	125g	188g	250g
Diced Chicken Breast**	260g	390g	520g
Bell Pepper***	1	2	2
Lime**	1/2	1	1
Mangetout**	80g	150g	150g
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11) 13)	25ml	25ml	50ml
Honey	15g	30g	30g
Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp

*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

Typical Values	Per serving	Per 100g
for uncooked ingredient	380g	100g
Energy (kJ/kcal)	2314 /553	609/146
Fat (g)	3.8	1.0
Sat. Fat (g)	0.9	0.2
Carbohydrate (g)	83.0	21.9
Sugars (g)	29.7	7.8
Protein (g)	44.5	11.7
Salt (g)	5.45	1.43

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

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.

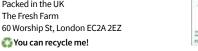
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Noodles

- a) Boil a full kettle.
- b) Pour the boiled water into a saucepan on high heat.
- c) Add the noodles and cook until tender, 4 mins.
- d) Once cooked, drain in a colander and run under cold water to stop them sticking together.



Fry the Chicken

- a) Meanwhile, heat a drizzle of oil in a large frying pan or wok on high heat.
- **b)** Once hot, add the **diced chicken** and fry, stirring occasionally, until starting to brown, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Prep Time

- a) Meanwhile, halve the bell pepper and discard the core and seeds. Slice into thin strips.
- **b)** Cut the **lime** into wedges (see ingredients for amount).



Bring on the Veg

- a) Add the pepper and mangetout to the chicken.
- b) Stir-fry for 4-5 mins more.



Sauce Things Up

- a) Stir the cooked noodles into the pan along with the ketjap manis, soy sauce, honey and ketchup (see pantry for amount). TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.
- b) Squeeze in some lime juice from a lime wedge and stir-fry until everything's piping hot and the **chicken** is cooked through, another 2-3 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- c) Add a splash of water if you feel it needs it.



Finish and Serve

- a) When your stir-fry is ready, add salt and pepper to taste, then share between your bowls.
- b) Serve your chicken noodles with the remaining lime wedges alongside for squeezing over.

Enjoy!