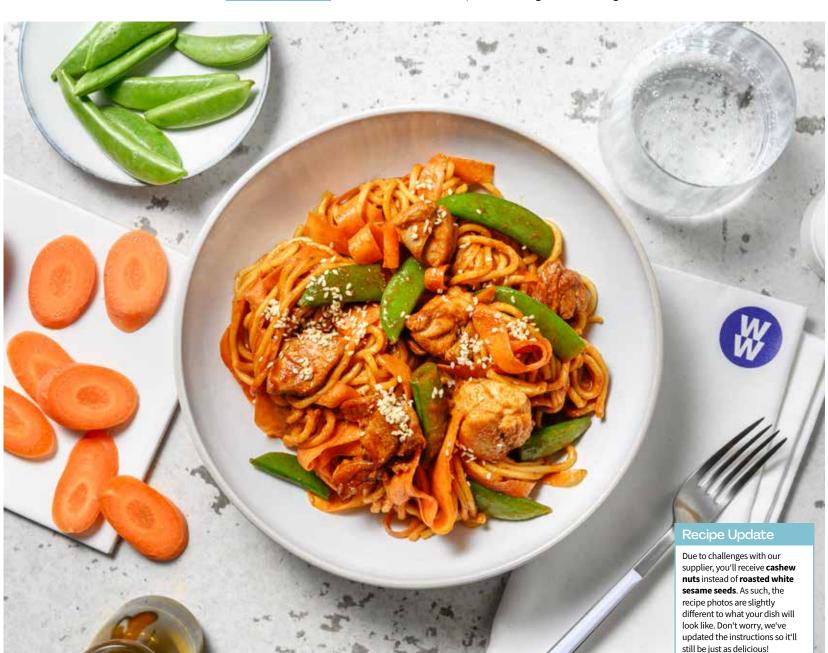


Thai Inspired Chicken and Noodle Stir-Fry

with Carrot Ribbons, Sugar Snaps and Cashews

Calorie Smart 20 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories







Sugar Snap



Garlic Clove



Egg Noodle



Ketjap Manis



Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!



Carrot



Diced Chicken Thigh



Red Thai Style Paste





Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Peeler, garlic press, frying pan, saucepan and sieve.

Ingredients

Ingredients	2P	3P	4P			
Sugar Snap Peas**	80g	150g	150g			
Carrot**	1	2	2			
Garlic Clove**	2	3	4			
Diced Chicken Thigh**	210g	350g	520g			
Egg Noodle Nest 8) 13)	125g	187g	250g			
Red Thai Style Paste	50g	75g	100g			
Ketjap Manis 11)	50g	75g	100g			
Cashew Nuts 2)	25g	25g	25g			
Diced Chicken Breast**	260g	390g	520g			
Pantry	2P	3P	4P			
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp			
Water for the Sauce*	50ml	75ml	100ml			
*Netherland **Ctore in the Friday						

^{*}Not Included **Store in the Fridge

Nutrition							
Nutrition			Custom Recipe				
Typical Values	Per	Per	Per	Per			
Typical values	serving	100g	serving	100g			
for uncooked ingredient	356g	100g	381g	100g			
Energy (kJ/kcal)	2699/645	759 /181	2613/624	687/164			
Fat (g)	21.7	6.1	14.0	3.7			
Sat. Fat (g)	5.0	1.4	2.7	0.7			
Carbohydrate (g)	77.1	21.7	76.9	20.2			
Sugars (g)	23.7	6.7	23.7	6.2			
Protein (g)	37.6	10.6	45.3	11.9			
Salt (g)	3.99	1.12	3.97	1.04			

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal). Point™ values based on low-cal cooking spray oil.

Allergens

2) Nuts 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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

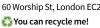
Contact

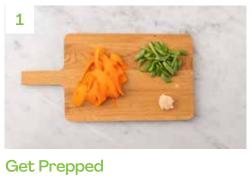
Let us know what you think!

Share your creations with #HelloFreshSnaps Head to 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





- a) Halve the sugar snaps.
- b) Trim and peel the carrot. Use the peeler to peel long ribbons down the length of the carrot, stopping at the core.
- c) Peel and grate the garlic (or use a garlic press).



Cook the Chicken

- a) Heat a drizzle of oil in a large frying pan on medium-high heat.
- **b)** Once hot, add the **diced chicken** and season with salt and pepper.
- c) Fry until golden brown on the outside and cooked through, 8-10 mins. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



If you've chosen to get diced chicken breast instead of **thigh**, cook the recipe in the same way.



Bring on the Noodles

- a) While the chicken browns, bring a large saucepan of water to the boil with 1/4 tsp salt.
- b) When boiling, add the noodles to the water and cook until tender, 4 mins.
- c) Once cooked, drain in a sieve and run under cold water to stop them sticking together.



Build the Flavour

- a) Once the chicken has browned, add the sugar snaps, red Thai style paste and garlic to the pan.
- b) Stir-fry until fragrant, 1 min.



Combine and Stir

- a) Add the cooked noodles, carrot ribbons, ketjap manis, sugar and water for the sauce (see pantry for both amounts) to the pan. Stir together until well combined and piping hot, then remove from the heat.
- b) Taste and season with salt and pepper if needed.



Serve

- a) Share the Thai inspired chicken noodles between your bowls.
- **b)** Sprinkle over the **cashew nuts** to finish.

Enjoy!



