



Thai Inspired Chicken and Noodle Stir-Fry with Carrot Ribbons, Sugar Snaps and Cashews

24

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



Recipe Update
Due to challenges with our supplier, you'll receive **cashew nuts** instead of **roasted white sesame seeds**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

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!

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

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 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

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Get Prepped

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



Cook the Chicken

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** and season with **salt** and **pepper**.
- 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.

CUSTOM RECIPE

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



Bring on the Noodles

- While the **chicken** browns, bring a large saucepan of **water** to the boil with ¼ **tsp salt**.
- When boiling, add the **noodles** to the **water** and cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Build the Flavour

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



Combine and Stir

- 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.
- Taste and season with **salt** and **pepper** if needed.



Serve

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

Enjoy!



Weight Watchers