



Speedy Chicken Noodles with Mangetout and Pepper

Family 20 Minutes • 1 of your 5 a day

11



Egg Noodle Nest



Bell Pepper



Mangetout



Soy Sauce



Diced Chicken Breast



Lime



Ketjap Manis



Honey

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

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, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest 8) 13)	125g	187g	250g
Diced Chicken Breast**	260g	390g	520g
Bell Pepper***	1	2	2
Lime**	½	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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2314 /553	609 /146
Fat (g)	3.8	1.0
Sat. Fat (g)	1.2	0.3
Carbohydrate (g)	83.0	21.9
Sugars (g)	30.0	7.9
Protein (g)	44.5	11.7
Salt (g)	5.61	1.48

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

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



Bring on the Veg

- Once browned, add the **sliced pepper** and **mangetout** to the **chicken**.
- Stir-fry for 4-5 mins more.



Fry the Chicken

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



Sauce Things Up

- 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.
- Squeeze in some **lime juice** from a **lime wedge** and stir-fry until everything's piping hot and the **chicken** is cooked through, 2-3 mins more. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Add a splash of **water** if you feel it needs it.



Prep Time

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



Finish and Serve

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

Enjoy!