



Peanut Chicken and Broccoli Stir-Fry with Noodles

Super Quick 15 Minutes • Mild Spice • 1 of your 5 a day

7



Diced Chicken Thigh



Lime



Broccoli Florets



Egg Noodle Nest



Ketjap Manis



Soy Sauce



Peanut Butter



Chilli Flakes



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper

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

Kettle, frying pan, saucepan and colander.

Ingredients

Ingredients	2P	3P	4P
Diced Chicken Thigh**	260g	390g	520g
Lime**	½	1	1
Broccoli Florets**	200g	300g	400g
Egg Noodle Nest 8) 13)	125g	187.5g	250g
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11) 13)	25ml	25ml	50ml
Peanut Butter 1)	30g	60g	60g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	405g	100g	405g	100g
Energy (kJ/kcal)	2822 / 675	697 / 167	2561 / 612	632 / 151
Fat (g)	22.7	5.6	12.6	3.1
Sat. Fat (g)	5.8	1.4	2.8	0.7
Carbohydrate (g)	71.1	17.6	70.8	17.5
Sugars (g)	18.4	4.5	18.4	4.5
Protein (g)	48.4	12.0	51.3	12.7
Salt (g)	5.26	1.30	5.20	1.28

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

Allergens

1) Peanut 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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60 Worship St, London EC2A 2EZ

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1



Get Started

- Boil a full kettle. Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Fry the **chicken**, 8-10 mins. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.
- Meanwhile, cut the **lime** into wedges (see ingredients for amount). Halve any larger **broccoli florets**.

CUSTOM RECIPE

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

3



Add Sauce

- Once the **chicken** is cooked, add the **peanut sauce**, **cooked noodles** and **broccoli**. Stir together.
- Add a splash of **water** if you feel it needs it.
- Add a squeeze of **lime juice**. Taste and add **salt**, **pepper** and more **lime juice** if needed.

2



Noodle Time

- When your kettle has boiled, pour the (see pantry for amount) into a measuring jug.
- Add the **ketjap manis**, **soy sauce** and **peanut butter** to the jug. Whisk your **peanut sauce** together.
- Pour the rest of the **boiling water** into a saucepan on high heat. Boil the **noodles** and **broccoli**, 4 mins, then drain. **TIP:** Run the noodles and veg under cold water to stop them sticking together and keep the veg vibrant.

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Dinner's Ready!

- Serve the **stir-fry** between your bowls. Sprinkle over the **chilli flakes** to finish (add less if you'd prefer things milder).
- Serve with any remaining **lime wedges** for squeezing over.

Enjoy!