



Thai Inspired Chicken and Noodle Stir-Fry

with Carrot Ribbons, Sugar Snaps and Sesame Seeds

Quick 20 Minutes • **Mild Spice** • 1 of your 5 a day

11



Sugar Snap Peas



Carrot



Garlic Clove



Diced Chicken Thigh



Egg Noodle Nest



Red Thai Style Paste



Ketjap Manis



Roasted White Sesame Seeds



Diced Chicken Breast

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	188g	250g
Red Thai Style Paste	50g	75g	100g
Ketjap Manis 11)	50g	75g	100g
Roasted White Sesame Seeds 3)	5g	7g	7g
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	346g	100g	371g	100g
Energy (kJ/kcal)	2462 /588	713 /170	2375 /568	641 /153
Fat (g)	17.2	5.0	9.4	2.5
Sat. Fat (g)	4.0	1.2	1.7	0.5
Carbohydrate (g)	74.9	21.7	74.7	20.2
Sugars (g)	23.1	6.7	23.1	6.2
Protein (g)	35.9	10.4	43.5	11.7
Salt (g)	3.94	1.14	3.92	1.06

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

Allergens

3) Sesame 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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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.



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.



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.



Serve

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

Enjoy!