



Bulgogi Chicken Stir-Fry with Noodles and Green Beans

Super Quick 15 Minutes • 1 of your 5 a day

7



Bell Pepper



Lime



Diced Chicken Thigh



Egg Noodle Nest



Bulgogi Sauce



Soy Sauce



Green Beans



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.

Cooking tools

Kettle, saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Green Beans**	80g	150g	150g
Lime**	1	1	1
Diced Chicken Thigh**	210g	350g	390g
Egg Noodle Nest 8) 13)	125g	187g	250g
Bulgogi Sauce 11)	100g	150g	200g
Soy Sauce 11) 13)	25ml	37ml	50ml
Diced Chicken Breast**	1 pack	1 pack	1 pack

*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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	377g	100g	402g	100g
Energy (kJ/kcal)	2331/557	618/148	2244/536	558/133
Fat (g)	14.0	3.7	6.3	1.6
Sat. Fat (g)	3.7	1.0	1.4	0.3
Carbohydrate (g)	73.6	19.5	73.4	18.3
Sugars (g)	21.5	5.7	21.5	5.3
Protein (g)	36.6	9.7	44.3	11.0
Salt (g)	4.44	1.18	4.43	1.10

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, cereals containing 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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1



Get Prepped

- Boil a full kettle. Pour it into a saucepan with $\frac{1}{4}$ tsp salt on high heat.
- Slice the **pepper** into strips.
- Trim the **green beans**.
- Cut the **lime** into wedges.

3



Add Veg

- Next, add the **pepper** and **green beans** to the pan and fry, 3-4 mins.
- Stir in the **bulgogi** and **soy** and fry, 1-2 mins.
- Add the **cooked noodles** to the pan. Toss to coat and warm through, 1-2 mins.
- Add a splash of **water** if it's dry.

2



Fry Time

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken**, 8-10 mins. Season with **salt** and **pepper**.
IMPORTANT: Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.
- Meanwhile, boil the **noodles**, 3-4 mins.
- Once cooked, drain and run under **cold water**.

CUSTOM RECIPE

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

4



Dinner's Ready!

- Share the **chicken noodles** between your bowls.
- Serve with a **lime wedge** on the side for squeezing over.

Enjoy!