



# Shanghai Style Hoisin Chicken Noodles

with Pepper, Green Beans and Sesame Seeds

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

14



Bell Pepper



Green Beans



Garlic Clove



Egg Noodle Nest



Diced Chicken Thigh



Ginger Puree



Soy Sauce



Hoisin Sauce



Roasted White Sesame Seeds



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

Saucepan, garlic press, sieve and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Green Beans**	80g	150g	150g
Garlic Clove**	2	3	4
Egg Noodle Nest <b>8) 13)</b>	125g	187g	250g
Diced Chicken Thigh**	260g	390g	520g
Ginger Puree	15g	22g	30g
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
Hoisin Sauce <b>11)</b>	96g	128g	192g
Roasted White Sesame Seeds <b>3)</b>	5g	7g	10g
Diced Chicken Breast**	1 pack	1 pack	1 pack
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

\*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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	394g	100g	394g	100g
Energy (kJ/kcal)	2590/619	657/157	2329/557	591/141
Fat (g)	16.6	4.2	6.5	1.7
Sat. Fat (g)	4.5	1.1	1.6	0.4
Carbohydrate (g)	75.8	19.2	75.5	19.2
Sugars (g)	23.1	5.9	23.1	5.9
Protein (g)	42.8	10.9	45.7	11.6
Salt (g)	5.35	1.36	5.28	1.34

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, 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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### Prep the Veg

Bring a large saucepan of **water** to the boil with  $\frac{1}{2}$   **tsp salt** for the **noodles**.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Trim the **green beans**, then cut into thirds. Peel and grate the **garlic** (or use a garlic press).



### Cook the Noodles

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.



### Stir-Fry Time

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **diced chicken, sliced pepper and green beans**.

Fry until the **chicken** is cooked through and the **veg** is tender, 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.



### Sauce it Up

Next, add the **ginger puree** and **garlic** to the **chicken** and stir-fry until fragrant, for 1 min.

Stir in the **soy sauce, hoisin sauce and water for the sauce** (see pantry for amount). Cook for 1 min.



### Add the Noodles

Add the **cooked noodles** 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. Add a splash more **water** if you feel it needs it.



### Serve

Share the **Shanghai style noodles** between your serving bowls.

Sprinkle over the **sesame seeds** to finish.

### Enjoy!