



Sweet and Sticky Chicken Noodles with Bell Pepper and Green Beans

Family 25-30 Minutes • 1 of your 5 a day

1



Bell Pepper



Green Beans



Garlic Clove



Diced Chicken Thigh



Cornflour



Egg Noodle Nest



Ketjap Manis



Rice Vinegar



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup, 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.

Cooking tools

Saucepan, garlic press, frying pan, bowl and sieve.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Green Beans**	80g	150g	150g
Garlic Clove**	2	3	4
Diced Chicken Thigh**	210g	350g	390g
Cornflour	10g	15g	20g
Egg Noodle Nest 8 13	125g	187g	250g
Ketjap Manis 11	50g	75g	100g
Rice Vinegar	30ml	44ml	66ml
Diced Chicken Breast**	1 pack	1 pack	1 pack

Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	4 tbsp	4 tbsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	100ml	150ml

*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)	2365 / 565	627 / 150	2279 / 545	566 / 135
Fat (g)	11.6	3.1	3.9	1.0
Sat. Fat (g)	3.5	0.9	1.2	0.3
Carbohydrate (g)	81.6	21.6	81.4	20.2
Sugars (g)	25.5	6.8	25.5	6.3
Protein (g)	35.0	9.3	42.6	10.6
Salt (g)	3.38	0.89	3.36	0.84

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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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Get Prepped

Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **noodles**.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips, then chop into thirds.

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



Cook the Noodles

While the **chicken** cooks, add the **noodles** to the pan of **boiling water**. Cook until tender, 4 mins.

Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Stir-Fry the Veg

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **sliced pepper** and **green beans**. Season with **salt** and **pepper**. Fry until starting to soften, 5-6 mins.

Add the **garlic**, cook for 1 min, then transfer the **cooked veg** to a medium bowl. Set aside.



Sauce Things Up

Once the **chicken** is cooked, add the **cooked veg** back into the pan.

Lower the heat to medium, then add the **ketjap manis**, **rice vinegar**, **ketchup**, **sugar** and **water for the sauce** (see pantry for all three amounts). Stir to combine and simmer until the **sauce** has reduced slightly, 2-3 mins. Remove from the heat and season to taste.



Fry the Chicken

In a large bowl, add the **diced chicken**, **cornflour** and a pinch of **salt** and **pepper**. Toss to coat.

Pop your (now empty) frying pan back on medium-high heat with a drizzle of **oil** if needed.

Once hot, add the **chicken**. 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.



Finish and Serve

Add the **cooked noodles** to the **chicken stir-fry** and toss to coat well in the **sauce**. Add a splash of **water** if it needs loosening.

Share the **chicken noodle stir-fry** between your bowls.

Enjoy!