



# Bulgogi Chicken Stir-Fry

with Noodles and Green Beans

Family 20 Minutes • 1 of your 5 a day

1



Bell Pepper



Garlic Clove



Lime



Green Beans



Diced Chicken Thigh



Egg Noodle Nest



Bulgogi Sauce



Soy Sauce



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

Garlic press, fine grater, saucepan, frying pan and sieve.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Garlic Clove**	1	1	2
Lime**	1	1	1
Green Beans**	80g	120g	150g
Diced Chicken Thigh**	210g	350g	390g
Egg Noodle Nest <b>8</b> <b>13</b>	125g	187g	250g
Bulgogi Sauce <b>11</b>	100g	150g	200g
Soy Sauce <b>11</b> <b>13</b>	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 green, 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	380g	100g	405g	100g
Energy (kJ/kcal)	2341 /560	616 /147	2255 /539	557 /133
Fat (g)	14.0	3.7	6.3	1.6
Sat. Fat (g)	3.7	1.0	1.4	0.3
Carbohydrate (g)	74.0	19.5	73.8	18.2
Sugars (g)	21.5	5.7	21.5	5.3
Protein (g)	36.8	9.7	44.5	11.0
Salt (g)	4.53	1.19	4.52	1.12

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.

## Contact

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## Get Prepped

- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **garlic** (or use a garlic press).
- Zest and cut the **lime** into wedges.
- Trim the **green beans** and chop into thirds.



## Fry the Chicken

- Bring a large saucepan of **water** to the boil with  $\frac{1}{2}$  **tsp salt** for the **noodles**.
- 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, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

## CUSTOM RECIPE

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



## Cook the Noodles

- Meanwhile, when your pan of **water** is boiling, add the **noodles** and cook until tender, 3-4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



## Bring on the Veg

- Once the **chicken** is browned, add the **sliced pepper** and **green beans** to the pan. Cook until softened, 3-4 mins.
- Once the **veg** has softened, stir in the **garlic**, **lime zest**, **bulgogi sauce** and **soy sauce**.
- Stir-fry until everything's piping hot and the **chicken** is cooked through, 1-2 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Combine and Stir

- Once the **noodles** are cooked, add them to the **chicken stir-fry** and toss to coat in the **sauce**.
- Cook until piping hot, 1-2 mins. Add a splash of **water** if you feel it needs it.



## Serve

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

## Enjoy!