

# Bulgogi Chicken Stir-Fry

with Noodles and Green Beans

20 Minutes • 1 of your 5 a day









Bell Pepper









Green Beans

Egg Noodle Nest

Soy Sauce



Diced Chicken Thigh



Bulgogi Sauce





# **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

3							
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 8) 13)	125g	187g	250g				
Bulgogi Sauce 11)	100g	150g	200g				
Soy Sauce <b>11) 13)</b>	25ml	37ml	50ml				
Diced Chicken Breast**	1 pack	1 pack	1 pack				
	And the state of t						

\*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**

Nutrition			Custom Recipe	
Typical Values	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.

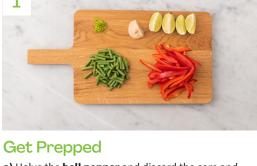
#### Contact

Let us know what you think!

Share your creations with **#HelloFreshSnaps**Head to <u>hellofresh.co.uk</u> or use our app to rate this recipe

Mary You can recycle me!

HelloFresh UK Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ



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



# Fry the Chicken

- a) Bring a large saucepan of water to the boil with½ tsp salt for the noodles.
- **b)** Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- c) 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

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



# Bring on the Veg

- a) Once the **chicken** is browned, add the **sliced pepper** and **green beans** to the pan. Cook until softened, 3-4 mins.
- b) Once the veg has softened, stir in the garlic, lime zest, bulgogi sauce and soy sauce.
- c) 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

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



#### Serve

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

# Enjoy!