



# Speedy Chicken Noodles

with Green Beans and Bell Pepper

Calorie Smart 20-25 Minutes • Under 650 Calories

24



Green Beans



Egg Noodle Nest



Diced Chicken Breast



Bell Pepper



Lime



Ketjap Manis



Soy Sauce



Honey



King Prawns

### Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

### CUSTOM RECIPE

If you chose to add or double up on 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, sieve and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Egg Noodle Nest <b>8) 13)</b>	125g	187g	250g
Diced Chicken Breast**	1 pack	1 pack	1 pack
Bell Pepper***	1	2	2
Lime**	½	1	1
Ketjap Manis <b>11)</b>	50g	75g	100g
Soy Sauce <b>11) 13)</b>	25ml	25ml	50ml
Honey	15g	30g	30g
King Prawns* <b>5)</b>	1 pack	1 pack	2 packs
Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp

\*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	455g	100g
Energy (kJ/kcal)	2304 /551	607 /145	2471 /590	543 /130
Fat (g)	3.8	1.0	4.2	0.9
Sat. Fat (g)	1.2	0.3	1.4	0.3
Carbohydrate (g)	83.0	21.8	83.0	18.2
Sugars (g)	29.9	7.9	29.9	6.6
Protein (g)	43.9	11.6	52.9	11.6
Salt (g)	5.70	1.50	6.71	1.48

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**5)** Crustaceans **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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## Cook the Noodles

- Boil a full kettle. Trim the **green beans**, then cut into thirds.
- Pour the **boiled water** into a saucepan on high heat with **½ tsp salt**.
- Add the **noodles** and cook until tender, 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** to the **chicken** pan.
- Stir-fry for 4-5 mins more.

### CUSTOM RECIPE

If you've chosen to add **king prawns** to your meal, drain them, then add them to the pan with the **sliced pepper**. Stir-fry, 4-5 mins, then continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.



## Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **diced chicken** and **green beans**.
- Fry, stirring occasionally, until starting to brown, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



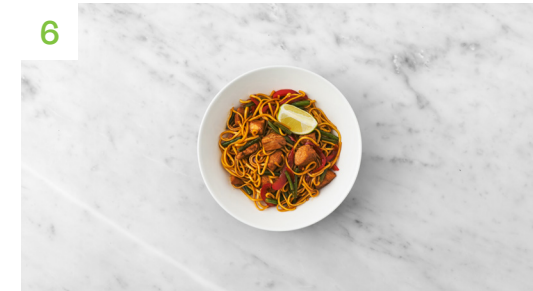
## Sauce Things Up

- Stir the **cooked noodles** into the pan along with the **ketjap manis**, **soy sauce**, **honey** and **ketchup** (see pantry for amount). **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.
- Squeeze in some **lime juice** from a **lime wedge** and stir-fry until everything's piping hot and the **chicken** is cooked through, 2-3 mins more. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Add a splash of **water** if you feel it needs it.



## Finish the Prep

- Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Cut the **lime** into wedges (see ingredients for amount).



## Finish and Serve

- When your **stir-fry** is ready, share between your bowls.
- Serve with the remaining **lime wedges** alongside for squeezing over.

## Enjoy!