



Chinese Style Chicken Noodles with Green Beans and Pepper

Quick 20-25 Minutes • 1 of your 5 a day

16



Bell Pepper



Green Beans



Lime



Egg Noodle Nest



Diced Chicken Thigh



Soy Sauce



Honey



Ketjap Manis



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

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, colander, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Green Beans**	80g	150g	150g
Lime**	½	1	1
Egg Noodle Nest 8) 13)	125g	187g	250g
Diced Chicken Thigh**	260g	390g	520g
Soy Sauce 11) 13)	25ml	50ml	50ml
Honey	15g	30g	30g
Ketjap Manis 11)	50g	75g	100g
Diced Chicken Breast**	1 pack	1 pack	1 pack
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	380g	100g
Energy (kJ/kcal)	2565 / 613	676 / 161	2304 / 551	607 / 145
Fat (g)	14.0	3.7	3.8	1.0
Sat. Fat (g)	4.2	1.1	1.2	0.3
Carbohydrate (g)	83.2	21.9	83.0	21.8
Sugars (g)	29.8	7.9	29.8	7.9
Protein (g)	41.1	10.8	43.9	11.6
Salt (g)	5.68	1.50	5.61	1.48

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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Prep

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

b) Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Trim the **green beans**, then cut into thirds.

c) Cut the **lime** into wedges (see ingredients for amount).

a)



Fry the Veg

a) Lower the heat slightly and add the **sliced pepper** and **beans**. Stir-fry until the **veg** has softened and the **chicken** is cooked through, 8-10 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

b) In a small bowl, combine the **soy sauce**, **ketchup** (see pantry for amount), **honey**, **ketjap manis** and a squeeze of **lime** from a **lime wedge**. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**



Cook the Noodles

a) Once your pan of **water** is boiling, add the **noodles** to the pan and bring back to the boil.

b) Cook until tender, 4 mins. Once cooked, drain in a colander. **TIP: Run the noodles under cold water to stop them sticking together.**



Finish Up

a) Stir the **sticky sauce** into the **chicken** and simmer for 1 min.

b) Add the **cooked noodles** to the pan and stir until everything's combined and piping hot, 1 min.

c) Taste and season with **salt**, **pepper**, and more **lime juice** from a **lime wedge** if needed. Add a splash of **water** if it's a little dry.



Fry the Chicken

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

b) Once hot, add the **diced chicken** and season with **salt** and **pepper**. Stir-fry until browned all over, 3-4 mins. **IMPORTANT: Wash your hands 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.



Serve

a) Share the **chicken noodles** out between your bowls.

b) Serve with a **lime wedge** for squeezing over.

Enjoy!