



Sweet and Sticky Chicken Breast Noodles with Mushrooms and Green Beans

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

39A



-  Green Beans
-  Spring Onion
-  Garlic Clove
-  Sliced Mushrooms
-  Cornflour
-  Diced Chicken Breast
-  Egg Noodle Nest
-  Ketjap Manis
-  Rice Vinegar

CUSTOMISED RECIPE

If you chose to customise your recipe, then just follow the instructions on the back of this card.
Happy cooking!

Pantry Items
Oil, Salt, Pepper, Tomato Ketchup, Sugar

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
Green Beans**	80g	150g	150g
Spring Onion**	1	2	2
Garlic Clove**	2	3	4
Sliced Mushrooms**	80g	120g	120g
Cornflour	10g	15g	20g
Diced Chicken Breast**	240g	390g	520g
Egg Noodle Nest 8 13)	2 nests	3 nests	4 nests
Ketjap Manis 11)	50g	75g	100g
Rice Vinegar	30ml	44ml	66ml

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

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	387g	100g
Energy (kJ/kcal)	2220 / 531	573 / 137
Fat (g)	3.8	1.0
Sat. Fat (g)	1.2	0.3
Carbohydrate (g)	78.0	20.1
Sugars (g)	23.2	6.0
Protein (g)	42.6	11.0
Salt (g)	3.61	0.93

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. Be careful when adding water to hot pans while cooking.

Contact

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Get Prepped

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **noodles**.

Trim and halve the **green beans**. Trim and thinly slice the **spring onion**.

Peel and grate the **garlic** (or use a garlic press).



Cook the Noodles and Beans

While the chicken cooks, add the **noodles** and **green beans** 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 Mushrooms

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

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

Stir in 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, then taste and season with **salt** and **pepper** if needed. Add a splash of **water** if you feel it needs it.



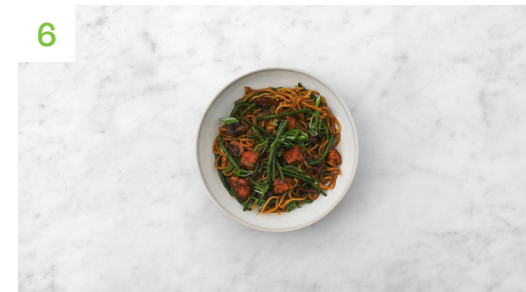
Fry the Chicken

Pop the **cornflour** into a large bowl and season with **salt** and **pepper**. Add the **diced chicken** to the bowl and toss to coat completely in the **cornflour**.

Put 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.



Finish and Serve

Add the **cooked noodles** and **beans** to the **chicken stir-fry** and toss to coat well in the **sauce**.

Share the **sticky chicken noodles** between your bowls. Sprinkle over the **spring onion** to finish.

Enjoy!