



# Speedy Chicken Noodles with Green Beans and Bell Pepper

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

1



Green Beans



Egg Noodle Nest



Diced British Chicken Breast



Bell Pepper



Lime



Ketjap Manis



Soy Sauce



Honey

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Pantry Items  
Oil, Salt, Pepper, Tomato Ketchup

## 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</b> <b>13</b>	125g	187g	250g
Diced British Chicken Breast**	240g	390g	520g
Bell Pepper***	1	2	2
Lime**	½	1	1
Ketjap Manis <b>11</b>	50g	75g	100g
Soy Sauce <b>11</b> <b>13</b>	25ml	25ml	50ml
Honey	15g	30g	30g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
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 yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	<b>380g</b>	<b>100g</b>
Energy (kJ/kcal)	2273 /543	599 /143
Fat (g)	3.7	1.0
Sat. Fat (g)	1.2	0.3
Carbohydrate (g)	80.5	21.2
Sugars (g)	30.2	8.0
Protein (g)	43.8	11.5
Salt (g)	5.69	1.50

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, mollusc, 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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## 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 **¼ 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

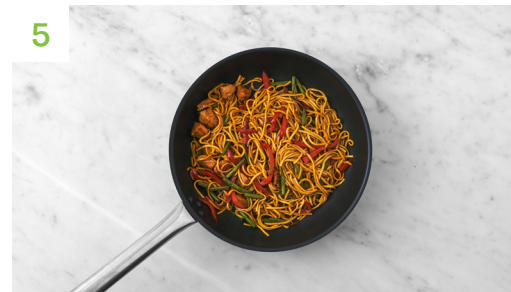
- Once the **chicken** is browned, add the **sliced pepper** to the **chicken** pan.
- Stir-fry for 4-5 mins more.

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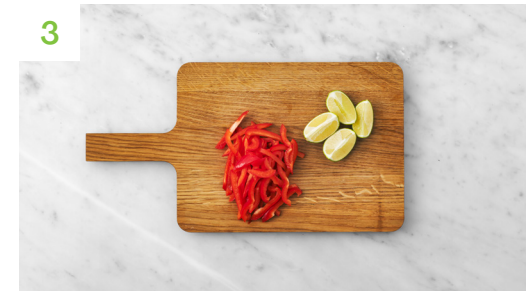
## Fry the Chicken

- 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!

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