



Speedy Chicken Noodles with Tenderstem® and Runner Beans

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

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Egg Noodle Nest



Diced British Chicken Breast



All the Greens Veg Side



Lime



Ketjap Manis



Soy Sauce



Honey

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
Egg Noodle Nest 8 13)	125g	187g	250g
Diced British Chicken Breast**	240g	390g	520g
All the Greens Veg Side**	200g	400g	400g
Lime**	½	1	1
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11 13)	25ml	25ml	50ml
Honey	15g	30g	30g

Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	375g	100g
Energy (kJ/kcal)	2297 /549	613 /146
Fat (g)	3.9	1.0
Sat. Fat (g)	1.2	0.3
Carbohydrate (g)	78.6	21.0
Sugars (g)	27.9	7.4
Protein (g)	45.3	12.1
Salt (g)	5.70	1.52

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.
- 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.



Add the Noodles

- Once the **chicken** is browned and the **veg** is tender, 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.



Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **diced chicken** and the **mixed green veg**.
- Fry, stirring occasionally, until the **veg** is tender and the **chicken** is browned, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



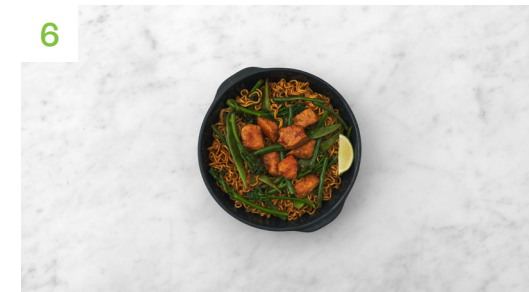
Sauce Things Up

- 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, 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!