



Sweet and Sticky Chicken Breast Noodles

with Bell Pepper and Sugar Snap Peas

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

39A



Bell Pepper



Sugar Snap Peas



Spring Onion



Garlic Clove



Cornflour



Diced British Chicken Breast



Egg Noodle Nest



Ketchup



Rice Vinegar

CUSTOMISED RECIPE

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

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

Saucepan, garlic press, frying pan, bowl and sieve.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Sugar Snap Peas**	80g	150g	150g
Spring Onion**	1	2	2
Garlic Clove**	2	3	4
Cornflour	10g	15g	20g
Diced Cornflour Chicken Breast**	240g	390g	520g
Egg Noodle Nest 8 13)	125g	187g	250g
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 *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	412g	100g
Energy (kJ/kcal)	2285 /546	554 /132
Fat (g)	3.7	0.9
Sat. Fat (g)	1.2	0.3
Carbohydrate (g)	81.7	19.8
Sugars (g)	26.7	6.5
Protein (g)	43.3	10.5
Salt (g)	3.61	0.88

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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Get Prepped

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

Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.

Slice the **sugar snap peas** in half lengthways. Trim and thinly slice the **spring onion**.

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



Cook the Noodles

While the chicken cooks, add the **noodles** 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 Veg

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

Once hot, add the **pepper chunks** and season with **salt** and **pepper**. Fry until starting to soften, 3-4 mins.

Add the **sugar snaps**, stirring occasionally until softened, 2-3 mins more.

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** 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!