



# Stir-Fried Hoisin Chicken Noodles with Pepper and Sugar Snap Peas

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

1



Bell Pepper



Sugar Snap Peas



Garlic Clove



Egg Noodle Nest



Diced British Chicken Thigh



Ginger Puree



Hoisin Sauce



Soy Sauce



Roasted White Sesame Seeds



Diced British Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Honey

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, 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

Garlic press, saucepan, sieve, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Sugar Snap Peas**	80g	150g	150g
Garlic Clove**	2	3	4
Egg Noodle Nest <b>8</b> <b>13</b> )	125g	187g	250g
Diced British Chicken Thigh**	240g	390g	520g
Ginger Puree	15g	22g	30g
Hoisin Sauce <b>11</b> )	60g	90g	120g
Soy Sauce <b>11</b> <b>13</b> )	15ml	25ml	25ml
Roasted White Sesame Seeds <b>3</b> )	5g	7g	10g
Diced British Chicken Breast**	240g	390g	480g
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	75ml	100ml	125ml

\*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	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	396g	100g	396g	100g
Energy (kJ/kcal)	3331 / 796	841 / 201	3070 / 734	775 / 185
Fat (g)	15.7	4.0	5.6	1.4
Sat. Fat (g)	4.4	1.1	1.4	0.4
Carbohydrate (g)	73.8	18.6	73.6	18.6
Sugars (g)	23.3	5.9	23.3	5.9
Protein (g)	42.4	10.7	45.2	11.4
Salt (g)	4.31	1.09	4.25	1.07

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**3**) Sesame **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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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## Prep the Veg

**a)** Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Cut the **sugar snap peas** into thirds.

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



## Cook the Noodles

**a)** Meanwhile, bring a large saucepan of **water** to the boil with  $\frac{1}{2}$  **tsp salt** for the **noodles**.

**b)** When boiling, add the **noodles** and cook until tender, 4 mins.

**c)** Once the **noodles** are cooked, drain in a sieve and run under **cold water** to stop them sticking together.



## Stir-Fry the Chicken

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

**b)** Once hot, add the **diced chicken** and **sliced pepper**. Stir-fry until the **chicken** is cooked through and the **pepper** has softened, 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.

**c)** Add the **garlic** and **ginger puree**, stir-fry until fragrant, 1 min.

 Swap to Chicken Breast

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



## Make the Hoisin Glaze

**a)** While the **chicken** cooks, in a small bowl, combine the **hoisin**, **soy**, **honey** and **water for the sauce** (see pantry for both amounts).



## Combine and Stir

**a)** Once everything's cooked, add the **noodles**, **sugar snap peas** and **hoisin glaze** to the **chicken** and **veg**.

**b)** Mix well to combine and simmer until everything's piping hot and the **sauce** has thickened slightly, 2-3 mins.

**c)** Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if you feel it needs it.



## Time to Serve

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

**b)** Sprinkle over the **sesame seeds** to finish.

Enjoy!