



Thai Inspired Chicken and Noodle Stir-Fry

with Carrot Ribbons, Sugar Snaps and Sesame Seeds

Calorie Smart 20 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories

24



Sugar Snap Peas



Carrot



Garlic Clove



Diced British Chicken Thigh



Egg Noodle Nest



Red Thai Style Paste



Ketjap Manis



Roasted White Sesame Seeds



King Prawns

Pantry Items

Oil, Salt, Pepper, Sugar

Make it Pescatarian

If you chose to make this recipe pescatarian, 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. Ingredients in red are hot!

Cooking tools

Peeler, garlic press, frying pan, saucepan and sieve.

Ingredients

| Ingredients | 2P | 3P | 4P |
|---------------------------------------|-----------|-----------|-----------|
| Sugar Snap Peas** | 80g | 150g | 150g |
| Carrot** | 1 | 2 | 2 |
| Garlic Clove** | 2 | 3 | 4 |
| Diced British Chicken Thigh** | 190g | 350g | 520g |
| Egg Noodle Nest 8 13) | 125g | 187g | 250g |
| Red Thai Style Paste | 50g | 75g | 100g |
| Ketjap Manis 11) | 50g | 75g | 100g |
| Roasted White Sesame Seeds 3) | 5g | 7g | 7g |
| King Prawns** 5) | 225g | 300g | 450g |
| Pantry | 2P | 3P | 4P |
| Sugar for the Sauce* | ½ tsp | ¾ tsp | 1 tsp |
| Water for the Sauce* | 50ml | 75ml | 100ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g | Custom Recipe | |
|--------------------------------|-------------|-------------|---------------|-------------|
| | | | Per serving | Per 100g |
| for uncooked ingredient | 346g | 100g | 353g | 100g |
| Energy (kJ/kcal) | 2462 / 588 | 713 / 170 | 1978 / 473 | 560 / 134 |
| Fat (g) | 17.2 | 5.0 | 7.7 | 2.2 |
| Sat. Fat (g) | 4.0 | 1.2 | 1.4 | 0.4 |
| Carbohydrate (g) | 74.9 | 21.7 | 74.6 | 21.1 |
| Sugars (g) | 23.1 | 6.7 | 23.0 | 6.5 |
| Protein (g) | 35.9 | 10.4 | 25.4 | 7.2 |
| Salt (g) | 3.94 | 1.14 | 5.25 | 1.49 |

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **5**) Crustaceans **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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Get Prepped

- Halve the **sugar snap peas**.
- Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.
- Peel and grate the **garlic** (or use a garlic press).



Build the Flavour

- Once the **chicken** has browned, add the **sugar snaps**, **red Thai style paste** and **garlic** to the pan.
- Stir-fry until fragrant, 1 min.



Cook the Chicken

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** and season with **salt** and **pepper**.
- 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.

Make it Pescatarian

If you've chosen the pescatarian version, drain the **prawns**, then fry, 5-6 mins instead. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



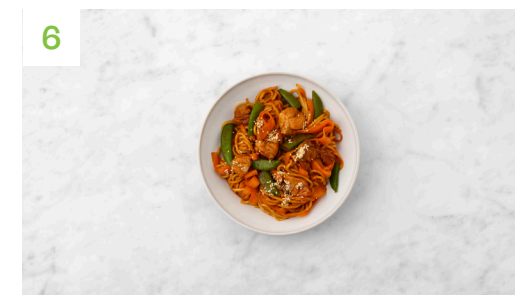
Combine and Stir

- Add the **cooked noodles**, **carrot ribbons**, **ketjap manis**, **sugar** and **water for the sauce** (see pantry for both amounts) to the pan.
- Stir together until well combined and piping hot, then remove from the heat.
- Taste and season with **salt** and **pepper** if needed.



Bring on the Noodles

- While the **chicken** browns, bring a large saucepan of **water** to the boil with ½ **tsp salt**.
- When boiling, add the **noodles** to the **water** and cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Serve

- Share the **Thai inspired chicken noodles** between your bowls.
- Sprinkle over the **sesame seeds** to finish.

Enjoy!