



Speedy Hot Sauce Chicken Udon Noodles

with Stir-Fried Veg

15

Quick 20 Minutes • Mild Spice • 1 of your 5 a day



Green Beans



Diced British Chicken Thigh



Garlic Clove



Coleslaw Mix



Udon Noodles



Ketjap Manis



Soy Sauce



Honey



Hot Sauce



King Prawns

Pantry Items

Oil, Salt, Pepper

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

Frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Diced British Chicken Thigh**	240g	390g	520g
Garlic Clove**	2	3	4
Coleslaw Mix**	120g	120g	240g
Udon Noodles 13	220g	330g	440g
Ketjap Manis 11	50g	75g	100g
Soy Sauce 11 13	15ml	25ml	25ml
Honey	15g	22g	30g
Hot Sauce	30g	60g	60g
King Prawns* 5	225g	300g	450g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	401g	100g	384g	100g
Energy (kJ/kcal)	2142/512	538/128	1483/355	386/92
Fat (g)	13.7	3.4	1.9	0.5
Sat. Fat (g)	4.0	1.0	0.6	0.2
Carbohydrate (g)	62.1	15.5	61.7	16.1
Sugars (g)	26.7	6.6	26.5	6.9
Protein (g)	38.1	9.5	22.9	6.0
Salt (g)	3.96	0.99	5.22	1.36

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

Allergens

5) Crustaceans **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 Started

- Trim and halve the **green beans**.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** and **beans** to the pan and season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Add the Veg

- Once the **chicken** is cooked, add the **garlic** and **coleslaw mix**. Stir-fry for 1 min.
- Add the **udon noodles** to the pan. Toss to coat, using a fork to gently separate them.
- Simmer until piping hot, 1-2 mins.



Time to Fry

- Fry until the **chicken** is golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Make it Pescatarian

If you've chosen the pescatarian version, drain the **prawns**. Fry, 4-5 mins, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



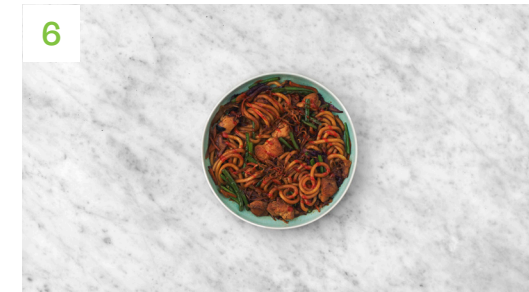
Flavour Time

- Add the **ketjap**, **soy** and **honey** to the **noodles**.
- Toss together so everything's evenly coated in the **sauce**.
- Stir-fry until piping hot, 1 min. Add a splash of **water** if you feel it needs it. Season with **salt** and **pepper**.



Prep the Garlic

- Meanwhile, peel and grate the **garlic** (or use a garlic press).



Serve

- Share the **noodles** between your serving bowls and drizzle over the **hot sauce** (add less if you'd prefer things milder) to finish.

Enjoy!