



Bulgogi Chicken Stir-Fry with Noodles and Sugar Snap Peas

Super Quick 15 Minutes • 1 of your 5 a day

7



Bell Pepper



Lime



Diced British
Chicken Thigh



Egg Noodle
Nest



Sugar Snap
Peas



Bulgogi Sauce



Soy Sauce

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.

Cooking tools

Kettle, saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Lime**	1	1	1
Diced British Chicken Thigh**	190g	350g	390g
Egg Noodle Nest 8) 13)	125g	187g	250g
Sugar Snap Peas**	80g	150g	150g
Bulgogi Sauce 11)	100g	150g	200g
Soy Sauce 11) 13)	25ml	37ml	50ml
King Prawns** 5)	225g	300g	450g

*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	377g	100g	385g	100g
Energy (kJ/kcal)	2283 /546	605 /145	1799 /430	468 /112
Fat (g)	13.8	3.7	4.3	1.1
Sat. Fat (g)	3.6	1.0	0.9	0.2
Carbohydrate (g)	69.6	18.4	69.3	18.0
Sugars (g)	21.8	5.8	21.7	5.7
Protein (g)	37.0	9.8	26.6	6.9
Salt (g)	4.52	1.20	5.83	1.52

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

Allergens

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.

Contact

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Get Prepped

- Boil a full kettle. Pour it into a saucepan with $\frac{1}{2}$ tsp salt on high heat.
- Slice the **pepper** into strips.
- Cut the **lime** into wedges.



Fry Time

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken**, 8-10 mins. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.
- Meanwhile, boil the **noodles**, 3-4 mins.
- Once cooked, drain and run under **cold water**.

Make it Pescatarian

If you've chosen the pescatarian version, drain the **prawns**, then fry, 2-3 mins. Continue as instructed, the **prawns** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



Add Veg

- Next, add the **pepper** and **sugar snap peas** to the pan. Fry, 3-4 mins.
- Stir in the **bulgogi** and **soy**. Cook, 1-2 mins.
- Add the **cooked noodles** to the pan. Toss to coat and warm through, 1-2 mins.
- Add a splash of **water** if it's a bit dry.



Dinner's Ready!

- Share the **noodles** between your bowls.
- Serve with a **lime wedge** on the side for squeezing over.

Enjoy!