



Sweet and Sticky Chicken Udon Noodles

with Bell Pepper and Sugar Snap Peas

24

Calorie Smart 30-35 Minutes • 1 of your 5 a day • Under 650 Calories



Bell Pepper



Sugar Snap Peas



Garlic Clove



Diced British Chicken Thigh



Cornflour



Salted Peanuts



Ketjap Manis



Rice Vinegar



Soy Sauce



Udon Noodles



Firm Tofu

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup, Sugar

Make it Vegetarian

If you chose to make this recipe veggie, 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, frying pan, bowl and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Sugar Snap Peas**	80g	150g	150g
Garlic Clove**	2	3	4
Diced British Chicken Thigh**	190g	350g	390g
Cornflour	10g	15g	20g
Salted Peanuts 1)	25g	50g	50g
Ketjap Manis 11)	50g	75g	100g
Rice Vinegar	15ml	22ml	30ml
Soy Sauce 11) 13)	15ml	25ml	30ml
Udon Noodles 13)	220g	330g	440g
Firm Tofu** 11)	250g	500g	500g
Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	110ml	150ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	438g	100g	458g	100g
Energy (kJ/kcal)	2333/558	532/127	2363/565	516/123
Fat (g)	17.6	4.0	18.2	4.0
Sat. Fat (g)	4.3	1.0	3.0	0.6
Carbohydrate (g)	66.0	15.1	67.9	14.8
Sugars (g)	25.9	5.9	26.4	5.8
Protein (g)	37.0	8.4	31.9	7.0
Salt (g)	4.38	1.00	4.20	0.92


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

Allergens

1) Peanut **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

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Get Prepped

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips, then chop into thirds.

Halve the **sugar snap peas** lengthways. Peel and grate the **garlic** (or use a garlic press).



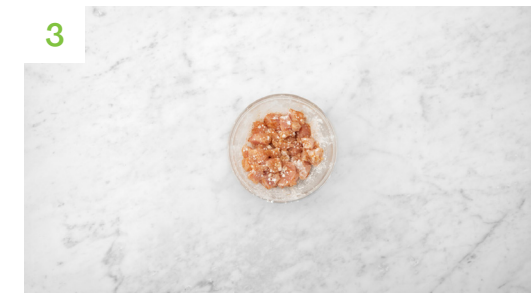
Stir-Fry the Veg

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

Once hot, add the **sliced pepper** and season with **salt** and **pepper**. Fry until starting to soften, 2-3 mins.

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

Add the **garlic**, cook for 30 secs, then transfer the **cooked veg** to a medium bowl. Set aside.



Fry the Chicken

In a large bowl, add the **diced chicken**, **cornflour** and a pinch of **salt** and **pepper**. Toss to coat.

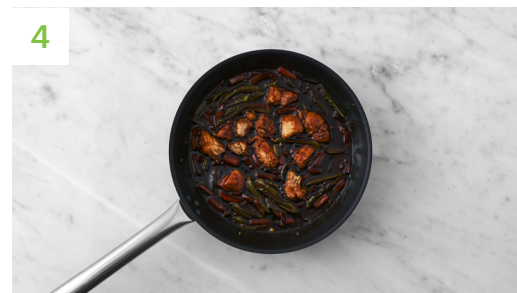
Pop your (now empty) frying pan back on medium-high heat with a drizzle of **oil** if needed.

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.

Make it Vegetarian

If you've chosen the veggie version, coat the **tofu** in the same way. Fry for the same amount of time, then continue as instructed.



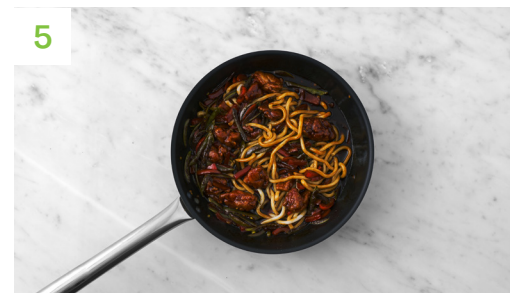
Sauce Things Up

Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin.

Once the **chicken** is cooked, add the **veg** back into the pan.

Lower the heat to medium, then add the **ketjap manis**, **rice vinegar**, **soy sauce**, **ketchup**, **sugar** and **water for the sauce** (see pantry for both amounts).

Stir to combine and simmer until the **sauce** has reduced slightly, 2-3 mins.



Add the Noodles

Add the **udon noodles** to the pan with the **chicken** and **veg**.

Toss to coat, using a fork to gently separate them. Simmer until piping hot, 1-2 mins.

Remove from the heat and season to taste. Add a splash of **water** if needed.



Serve Up

Share the **sweet and sticky noodles** between your bowls.

Sprinkle over the **peanuts** to finish.

Enjoy!