



Thai Style Peanut Chicken Noodles

with Green Beans and Pepper

Quick 20 Minutes • Mild Spice

12



Garlic Clove



Green Beans



Lime



Egg Noodle Nest



Diced British Chicken Breast



Soy Sauce



Peanut Butter



Ketjap Manis



Yellow Thai Style Paste



Vegetable Gyoza

Pantry Items

Oil, Salt, Pepper, Sugar

+ Add Vegetable Gyoza

If you chose to add vegetable gyoza, 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

Kettle, saucepan, garlic press, measuring jug, sieve, frying pan and bowl.

Ingredients

| Ingredients | 2P | 3P | 4P |
|---|--------|---------|---------|
| Garlic Clove** | 1 | 2 | 2 |
| Green Beans** | 80g | 120g | 150g |
| Lime** | ½ | 1 | 1 |
| Egg Noodle Nest 8 13 | 125g | 187g | 250g |
| Diced British Chicken Breast** | 240g | 390g | 480g |
| Soy Sauce 11 13 | 15ml | 25ml | 30ml |
| Peanut Butter 1 | 30g | 45g | 60g |
| Ketjap Manis 11 | 25g | 37g | 50g |
| Yellow Thai Style Paste | 45g | 67g | 90g |
| Vegetable Gyoza** 11 13 14 | 1 pack | 2 packs | 2 packs |
| Pantry | 2P | 3P | 4P |
| Boiled Water for the Sauce* | 150ml | 225ml | 300ml |
| Sugar for the Sauce* | 1 tsp | 1½ tsp | 2 tsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g | Custom Recipe | |
|-------------------------|-------------|----------|---------------|----------|
| | | | Per serving | Per 100g |
| for uncooked ingredient | 391g | 100g | 491g | 100g |
| Energy (kJ/kcal) | 2483 /593 | 635 /152 | 3215 /768 | 655 /157 |
| Fat (g) | 15.2 | 3.9 | 21.2 | 4.3 |
| Sat. Fat (g) | 2.9 | 0.7 | 3.5 | 0.7 |
| Carbohydrate (g) | 63.7 | 16.3 | 85.8 | 17.5 |
| Sugars (g) | 13.1 | 3.4 | 16.0 | 3.3 |
| Protein (g) | 47.3 | 12.1 | 54.0 | 11.0 |
| Salt (g) | 4.43 | 1.13 | 5.36 | 1.09 |


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

Allergens

1) Peanut **8)** Egg **11)** Soya **13)** Cereals containing gluten **14)** Sulphites

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

- Boil a full kettle.
- Peel and grate the **garlic** (or use a garlic press). Trim the **green beans**, then cut into thirds.
- Cut the **lime** into wedges (see ingredients for amount).



Make the Peanut Sauce

- While the **chicken** cooks, in a jug or bowl, mix together the **boiled water** and **sugar for the sauce** (see pantry for amount), **soy sauce**, **peanut butter** and **ketjap manis**. **TIP:** The peanut butter will loosen more when it warms up in the hot pan.

+ Add Vegetable Gyoza

If you're adding **gyozas**, heat a drizzle of **oil** in another large frying pan on medium-high heat. Once hot, fry, 2-3 mins. Remove from the heat and add **1 tbsp water** to the pan. Pop back on medium-low heat and cover. Cook, 3-4 mins. Serve on the **noodles** in the final step.



Cook the Noodles

- Pour the **boiled water for the sauce** (see pantry for amount) into a measuring jug. Pour the remaining **boiled water** into a medium saucepan with **½ tsp salt** and bring to the boil.
- Add the **noodles** and cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Combine and Stir

- Once the **chicken** is cooked, add the **yellow Thai style paste**, **green beans** and **garlic** to the pan. Cook until fragrant, 1 min.
- Add the **cooked noodles** and **peanut sauce**, stirring until well combined, 2-3 mins. Add a splash of **water** to loosen the **sauce** if needed.
- Add a generous squeeze of **lime juice**. Taste and season with **salt** and **pepper** if needed.



Time to Fry

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** to the pan 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.



Serve

- Share your **peanut noodles** between your bowls.
- Serve with any remaining **lime wedges** alongside for squeezing over.

Enjoy!