



Super Quick Bulgogi Chicken Stir-Fry

with Noodles and Young Pea Pods

Super Quick 15 Minutes • 1 of your 5 a day

7



Bell Pepper



Lime



Diced British Chicken Thigh



Egg Noodle Nest



Young Pea Pods



Bulgogi Sauce



Soy Sauce



Diced British Chicken Breast



Vegetable Gyoza

Pantry Items
Oil, Salt, Pepper

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**	240g	390g	520g
Egg Noodle Nest 8) 13)	125g	187g	250g
Young Pea Pods**	80g	150g	150g
Bulgogi Sauce 11)	100g	150g	200g
Soy Sauce 11) 13)	25ml	37ml	50ml
Diced British Chicken Breast**	240g	390g	520g
Vegetable Gyoza** 11) 13) 14)	10	20	20

***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	Diced Chicken		Vegetable Gyoza	
			Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	402g	100g	402g	100g	502g	100g
Energy (kJ/kcal)	2458 /587	611 /146	2197 /525	546 /131	3190 /762	635 /152
Fat (g)	16.2	4.0	6.1	1.5	22.2	4.4
Sat. Fat (g)	4.3	1.1	1.3	0.3	4.9	1.0
Carbohydrate (g)	69.7	17.3	69.4	17.3	91.8	18.3
Sugars (g)	21.9	5.4	21.9	5.4	24.8	4.9
Protein (g)	41.8	10.4	44.6	11.1	48.5	9.7
Salt (g)	4.57	1.14	4.51	1.12	5.50	1.10

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

Allergens

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.

Contact

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Get Prepped

- Boil a full kettle. Pour it into a saucepan with **½ tsp salt** on high heat.
- Slice the **pepper** into strips.
- Cut the **lime** into wedges.



Add Veg

- Next, add the **pepper** and **pea pods** to the **chicken** pan. Fry, 3-4 mins.
- Stir in the **bulgogi** and **soy**. Fry, 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.



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**.

Custom Recipe: If you've chosen to swap to **diced chicken** or add **vegetable gyoza**, follow the instructions below at the bottom of the page.



Dinner's Ready!

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

Enjoy!

CUSTOM RECIPE



DICED CHICKEN BREAST

If you've chosen **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



VEGETABLE GYOZA

If you're adding **gyozas**, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, fry the **gyozas**, 2-3 mins. Once golden, remove from the heat, then add **1 tbsp water**. Pop back on medium-low heat and cover with a lid. Cook until piping hot, 3-4 mins.