



# Sweet and Sticky Honey Sambal Chicken & Prawn Noodles with Green Beans and Peanuts

39B

Customised 25-30 Minutes • Medium Spice • 1 of your 5 a day



Garlic Clove



Green Beans



Salted Peanuts



Diced British Chicken Breast



Egg Noodle Nest



King Prawns



Ginger Puree



Ketjap Manis



Soy Sauce



Sambal Paste



Honey

### CUSTOMISED RECIPE

If you chose to customise your recipe, then just follow the instructions on the back of this card.

Happy cooking!

### 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. Ingredients in red are hot!

## Cooking tools

Saucepan, garlic press, rolling pin, frying pan and sieve.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Green Beans**	150g	230g	300g
Salted Peanuts <b>1)</b>	25g	40g	40g
Diced British Chicken Breast**	240g	390g	520g
Egg Noodle Nest <b>8) 13)</b>	125g	187g	250g
King Prawns** <b>5)</b>	150g	225g	300g
Ginger Puree	15g	15g	30g
Ketjap Manis <b>11)</b>	25g	37g	50g
Soy Sauce <b>11) 13)</b>	25ml	30ml	50ml
Sambal Paste	15g	22g	30g
Honey	30g	45g	60g

Pantry	2P	3P	4P
Water for the Sauce*	75ml	120ml	150ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	455g	100g
Energy (kJ/kcal)	2729 /652	600 /143
Fat (g)	11.7	2.6
Sat. Fat (g)	2.7	0.6
Carbohydrate (g)	75.9	16.7
Sugars (g)	25.0	5.5
Protein (g)	57.8	12.7
Salt (g)	6.19	1.36

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**1)** Peanut **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.

## Contact

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## Get Prepped

Bring a large saucepan of **water** to the boil with  $\frac{1}{2}$  tsp **salt** for the **noodles**.

Peel and grate the **garlic** (or use a garlic press). Trim and halve the **green beans**.

Crush the **peanuts** in the unopened sachet using a rolling pin.



## Sauce Things Up

Meanwhile, drain the **prawns**. Once the **chicken** is cooked, add the **prawns** and stir-fry for 2-3 mins.

**IMPORTANT:** Wash your hands and equipment after handling raw prawns.

Next, stir in the **garlic** and **ginger puree**. Cook until fragrant, 1 min.

Add the **ketjap manis**, **soy sauce**, **sambal**, **honey** and **water for the sauce** (see pantry for amount). **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Stir to combine, then simmer until thickened, 3-4 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



## Cook the Chicken

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.



## Combine and Stir

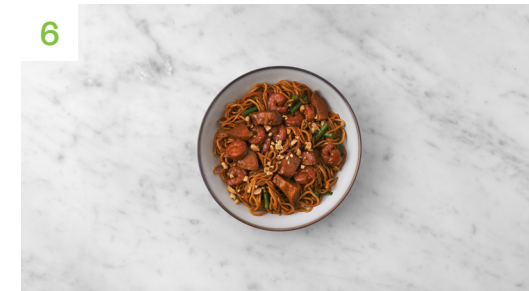
Once the **sauce** has thickened, add the **cooked noodles** and **beans** to the **chicken** and **prawns**. Toss until well coated, 1 min.



## Get the Noodles On

When your pan of **water** is boiling, add the **noodles** and **green beans**. Cook until tender, 4 mins.

Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



## Serve

Serve your **honey sambal noodles** in bowls with the **peanuts** sprinkled over the top to finish.

## Enjoy!