



# Speedy Spiced Chicken Udon

with Bell Pepper and Peanuts

**Quick** 20-25 Minutes • **Mild Spice** • 1 of your 5 a day

12



Bell Pepper



Diced British Chicken Breast



Garlic Clove



Ketjap Manis



Soy Sauce



Udon Noodles



Coleslaw Mix



Indonesian Style Spice Mix



Salted Peanuts

**Pantry Items**

Oil, Salt, Pepper, Tomato Ketchup, Butter

## 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

Frying pan, kettle, garlic press, bowl, colander and rolling pin.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Diced British Chicken Breast**	260g	390g	520g
Garlic Clove**	2	3	4
Ketjap Manis <b>11)</b>	50g	75g	100g
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
Udon Noodles <b>13)</b>	220g	330g	440g
Coleslaw Mix**	120g	240g	240g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Salted Peanuts <b>1)</b>	25g	40g	40g
Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsps	3 tbsps	4 tbsps
Water for the Sauce*	50ml	75ml	100ml
Butter*	20g	30g	40g

\*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
for uncooked ingredient	468g	100g
Energy (kJ/kcal)	2508 /599	536 /128
Fat (g)	18.4	3.9
Sat. Fat (g)	7.2	1.5
Carbohydrate (g)	62.1	13.4
Sugars (g)	25.6	5.5
Protein (g)	44.2	9.5
Salt (g)	4.43	0.95

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 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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## Fry the Chicken

- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** and **sliced pepper** to the pan. 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.



## Simmer your Sauce

- Add the **sauce mixture** to the pan.
- Bring to the boil, then simmer until slightly reduced, 2-3 mins.
- Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin.



## Prep Time

- Meanwhile, boil a full kettle. Peel and grate the **garlic** (or use a garlic press).
- In a small bowl, combine the **ketjap manis**, **soy sauce**, **ketchup** and **water for the sauce** (see pantry for both amounts). Set your **sauce mixture** aside.
- Pop the **udon noodles** into a medium heatproof bowl. Pour over the **boiling water** to cover the **noodles**. Leave for 2-3 mins, then gently separate with a fork. Drain in a colander.



## Add the Udon

- Add the **cooked noodles** to the pan.
- Simmer until piping hot, 1-2 mins.
- Stir in the **butter** (see pantry for amount) until melted. Remove from the heat.



## Flavour Town

- Once the **chicken** has browned, add the **coleslaw mix**, **garlic** and **Indonesian style spice mix** to the pan.
- Cook, stirring, until fragrant, 1-2 mins.



## Serve Up

- Share the **chicken udon** between your bowls.
- Sprinkle over the **peanuts** to finish.

## Enjoy!