

Char Siu Paneer Noodle Stir-Fry

with Pepper and Onion

Classic 25-30 Minutes • **Mild Spice** • 1 of your 5 a day



Paneer



Bell Pepper



Onion



Garlic Clove



Egg Noodle Nest



Char Siu Paste



Soy Sauce



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



Char siu refers to a Cantonese inspired barbecue dish typically made with pork, though the versatile flavours of white miso, plum, orange, Five Spice and soy sauce used for the marinade pair well with almost any meat or vegetarian protein. In this dish, we're using paneer to absorb the delicious flavours.

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, garlic press, saucepan, sieve, frying pan and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Paneer** 7)	226g	339g	452g
Bell Pepper***	1	2	2
Onion	1	1	2
Garlic Clove**	2	3	4
Egg Noodle Nest 8) 13)	125g	250g	250g
Char Siu Paste 11)	125g	200g	250g
Soy Sauce 11) 13)	15ml	25ml	30ml
Diced British Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Oil for Cooking*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml

*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	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	441g	100g	454g	100g
Energy (kJ/kcal)	3421 / 818	776 / 186	2277 / 544	502 / 120
Fat (g)	37.2	8.4	4.2	0.9
Sat. Fat (g)	20.7	4.7	1.2	0.3
Carbohydrate (g)	81.0	18.4	76.5	16.9
Sugars (g)	33.3	7.6	29.0	6.4
Protein (g)	35.1	8.0	43.0	9.5
Salt (g)	4.47	1.01	4.10	0.90

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

Allergens

7) Milk 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

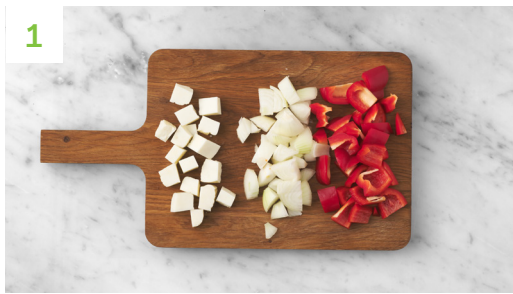
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Prep Time

Boil a full kettle. While it comes to the boil, cut the **paneer** into 1cm cubes.

Cut the **bell pepper** and **onion** into 1cm chunks.

Peel and grate the **garlic** (or use a garlic press).

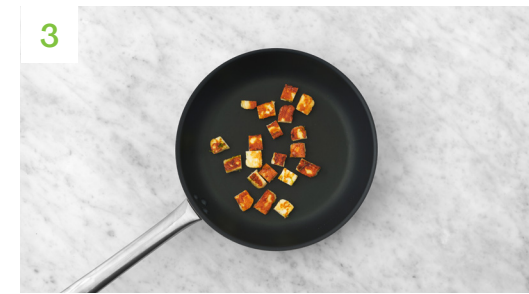


Cook the Noodles

Pour the **boiled water** into a medium saucepan with $\frac{1}{2}$ **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.



Get Frying

Meanwhile, heat the **oil for cooking** (see pantry for amount) in a large frying pan on medium heat.

Once hot, add the **paneer** to the pan and season with **salt** and **pepper**. Fry until golden all over, 5-8 mins. Turn regularly to brown evenly.

Once the **paneer** is golden, transfer to a plate lined with kitchen paper.

↔ Swap to Chicken Breast

Put the frying pan on medium-high heat with a drizzle of **oil** instead. Once hot, fry the **chicken**, 8-10 mins. Set aside, then add back into the pan with the **garlic** in the next step. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Stir-Fry the Veg

Pop the pan back on high heat. Add the **pepper** and **onion chunks**, season with **salt** and **pepper** and stir-fry until charred, 5-6 mins.

Add the **garlic** and stir-fry for a further 30 secs. Stir in the **char siu paste**, **soy** and **water for the sauce** (see pantry for amount).

Add the **paneer** back into the pan, then lower the heat and simmer until the **sauce** has slightly thickened, 1-2 mins.



Finishing Touches

Once the **sauce** has thickened, stir the **cooked noodles** into the pan.

Toss together so the **noodles** are nicely coated in the **sauce**. Add a splash more **water** if you feel it needs it.



Serve

Share the **char siu paneer noodles** out between your bowls and tuck in.

Enjoy!