



Chinese Style Chicken Noodle Stir-Fry with Green Beans and Pepper

Calorie Smart 20-25 Minutes • 1 of your 5 a day

24



Bell Pepper



Green Beans



Lime



Egg Noodle Nest



Diced British
Chicken Breast



Soy Sauce



Honey



Ketjap Manis

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

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, sieve, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	1	2
Green Beans**	80g	150g	150g
Lime**	½	1	1
Egg Noodle Nest 8) 13)	125g	187g	250g
Diced British Chicken Breast**	240g	390g	520g
Soy Sauce 11) 13)	25ml	50ml	50ml
Honey	15g	30g	30g
Ketjap Manis 11)	50g	75g	100g

Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp

*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	380g	100g
Energy (kJ/kcal)	2273 /543	599 /143
Fat (g)	3.7	1.0
Sat. Fat (g)	1.2	0.3
Carbohydrate (g)	80.5	21.2
Sugars (g)	30.2	8.0
Protein (g)	43.8	11.5
Salt (g)	5.69	1.50

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

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

- Boil a full kettle.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Trim the **green beans**, then cut into thirds.
- Cut the **lime** into wedges (see ingredients for amount).



Bring on the Veg

- Lower the heat slightly and add the **sliced pepper** and **beans**.
- Stir-fry until the **veg** has softened and the **chicken** is cooked through, 8-10 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*
- While everything cooks, in a small bowl, combine the **soy sauce**, **ketchup** (see pantry for amount), **honey**, **ketjap manis** and a squeeze of **lime** from a **lime wedge**. **TIP:** *If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.*



Cook the Noodles

- Pour the **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.



All Together Now

- Stir the **sticky sauce** into the **chicken** and simmer for 1 min.
- Add the **cooked noodles** to the pan and stir until everything's combined and piping hot, 1 min.
- Taste and season with **salt**, **pepper**, and more **lime juice** if needed. Add a splash of **water** if it's a little dry.



Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** and season with **salt** and **pepper**. Stir-fry until browned all over, 3-4 mins. **IMPORTANT:** *Wash your hands after handling raw chicken and its packaging.*



Serve Up

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

Enjoy!