



Chicken & Plum Stir-Fry with Bok Choy and Noodles

Rapid Eat Me Early • 20 Minutes • Little Spice • 1 of your 5 a day

16



Egg Noodle Nest



Diced Chicken Thigh



Plum



Bok Choy



Spring Onion



Garlic Clove



Ginger Puree



Chilli Flakes



Hoisin Sauce



Ketjap Manis



Salted Peanuts



Diced Chicken Breast



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.


Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Sieve, Frying Pan, Garlic Press.

Ingredients

	2P	3P	4P
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Diced Chicken Thigh**	280g	420g	560g
 Diced Chicken Breast**	280g	420g	560g
Plum**	2	3	4
Bok Choy**	1	1½	2
Spring Onion**	1	2	2
Garlic Clove	1	2	2
Ginger Puree**	½ sachet	¾ sachet	1 sachet
Sugar*	1 tsp	1½ tsps	2 tsps
Chilli Flakes	1 pinch	1 pinch	2 pinches
Hoisin Sauce 11)	1 sachet	1 sachet	2 sachets
Ketjap Manis 11)	1 sachet	2 sachets	2 sachets
Water for the Sauce*	2 tbsps	3 tbsps	4 tbsps
Salted Peanuts 1)	25g	40g	50g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	391g	100g
Energy (kJ/kcal)	2132/510	546/131
Fat (g)	21	5
Sat. Fat (g)	5	1
Carbohydrate (g)	43	11
Sugars (g)	23	6
Protein (g)	37	10
Salt (g)	2.30	0.59
Custom Recipe	Per serving	Per 100g
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Nutrition for uncooked ingredients based on 2 person recipe.

Allergens


1) Peanut 8) Egg 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Cook the Noodles

- Bring a saucepan of **water** up to the boil with **½ tsp** of **salt** for the **noodles**.
- When boiling, add the **noodles** and cook for 4 mins.
- Drain in a sieve, run the **noodles** under cold **water** to stop them sticking together then return to the pan (off the heat).



Stir-Fry Time

- Lower the heat to medium and add the **plums** and **sugar** (see ingredients for amount) to the pan with the **chicken**.
- Stir-fry until the plums start to colour, 1-2 mins.
- Stir in the **garlic** and **ginger puree** along with **half** of the **spring onion** and as many **chilli flakes** as you like (careful - they're hot).
- Stir-fry for another min.



Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan or wok on medium-high heat.
- When hot, add the **diced chicken** and season with **salt** and **pepper**. Fry, stirring occasionally, until browned, 4-5 mins. **IMPORTANT:** *Wash your hands after handling raw chicken and its packaging.*

 **CUSTOM RECIPE**

If you've opted to get **diced chicken breast** instead of **thigh**, cook in the same way as the **diced chicken thigh**.



Finish Up

- Add the **bok choy** and stir-fry until just soft, 1-2 mins.
- Stir in the **hoisin sauce**, **ketjap manis** and **water for the sauce** (see ingredients for amount), ensuring everything is well coated.
- Drain the **noodles** and add them to the pan. Stir together and cook until everything is piping hot, 1-2 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



Prep

- Meanwhile, halve the **plums**, remove the stones and chop each half into three **wedges**.
- Trim the **bok choy** then thinly slice widthways.
- Trim and thinly slice the **spring onion**.
- Peel and grate the **garlic** (or use a **garlic press**).



Serve

- Divide the **chicken and plum stir-fry** between your bowls.
- Scatter over the **peanuts** and **remaining spring onion**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.