



# Chinese Style Chicken Noodles

with Green Beans and Pak Choi

24

Calorie Smart 25 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Pak Choi



Green Beans



Red Chilli



Lime



Egg Noodle Nest



Diced Chicken Thigh



Soy Sauce



Honey



Ketjap Manis



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

### 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.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, colander, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Pak Choi**	1	1½	2
Green Beans**	80g	150g	150g
Red Chilli**	½	½	1
Lime**	½	1	1
Egg Noodle Nest <b>8</b> <b>13</b>	2 nests	3 nests	4 nests
Diced Chicken Thigh**	260g	390g	520g
Soy Sauce <b>11</b> <b>13</b>	25ml	50ml	50ml
Honey	15g	30g	30g
Ketjap Manis <b>11</b>	18g	37g	37g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Tomato Ketchup*	2½ tbsp	4 tbsp	5 tbsp

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	374g	100g	374g	100g
Energy (kJ/kcal)	2356/563	631/151	2096/501	561/134
Fat (g)	13.8	3.7	3.6	1.0
Sat. Fat (g)	3.9	1.0	0.9	0.2
Carbohydrate (g)	71.2	19.1	70.9	19
Sugars (g)	20.0	5.4	20.0	5.4
Protein (g)	41.1	11.0	43.9	11.8
Salt (g)	4.66	1.25	4.60	1.23

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

**Point™ values based on low-cal cooking spray oil.**

## 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, milk, egg, mustard, celery, soya, 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.

## Contact

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## Get Prepped

Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **noodles**.

Trim the **pak choi**, then thinly slice widthways.  
Trim the **green beans**, then cut into thirds.

Halve the **chilli** lengthways, deseed then thinly slice (see ingredients for amount). Cut the **lime** into wedges.



## Cook the Noodles

Once your pan of **water** is boiling, add the **noodles** to the pan and bring back to the boil.

Cook until tender, 4 mins. Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



## 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.

## CUSTOM RECIPE

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



## Bring on the Veg

Lower the heat slightly and add the **beans**. Stir-fry until the **veg** has softened and the **chicken** is cooked through, 3-6 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Add the **pak choi** and cook for 2-3 mins more.

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, pop it in a bowl of hot water for 1 min.



## Combine and Stir

Stir the **sticky sauce** into the **chicken** and **veg** and simmer for 1 min.

Add the **cooked noodles** to the pan and stir until everything's combined and piping hot, 1 min.  
Add a splash of **water** if it's a little too thick.



## Serve

Share the **chicken noodles** between your bowls.  
Sprinkle over the **chilli** (add less if you'd prefer things milder) and serve with a **lime wedge** for squeezing over.

## Enjoy!

