



Chicken and Plum Stir-Fry with Pak Choi, Noodles and Peanuts

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

16



Egg Noodle Nest



Diced Chicken Thigh



Plum



Pak Choi



Garlic Clove



Ginger Puree



Chilli Flakes



Hoisin Sauce



Ketjap Manis



Salted Peanuts



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

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 garlic press.

Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest 8 13	2 nests	3 nests	4 nests
Diced Chicken Thigh**	260g	390g	520g
Plum**	2	3	4
Pak Choi**	1	1½	2
Garlic Clove**	1	2	2
Ginger Puree	½ sachet	¾ sachet	1 sachet
Chilli Flakes	1 pinch	1 pinch	2 pinches
Hoisin Sauce 11	32g	32g	64g
Ketjap Manis 11	1 sachet	2 sachets	2 sachets
Salted Peanuts 1	25g	40g	50g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	2 tbsps	3 tbsps	4 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	373g	100g
Energy (kJ/kcal)	2732 / 653	732 / 175
Fat (g)	20.8	5.6
Sat. Fat (g)	4.7	1.3
Carbohydrate (g)	74.8	20.0
Sugars (g)	24.3	6.5
Protein (g)	43.3	11.6
Salt (g)	3.07	0.82

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	373g	100g
Energy (kJ/kcal)	2471 / 591	662 / 158
Fat (g)	10.6	2.9
Sat. Fat (g)	2.1	0.6
Carbohydrate (g)	74.8	20.0
Sugars (g)	24.3	6.5
Protein (g)	46.3	12.4
Salt (g)	3.01	0.81

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


Allergens

1) Peanut **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.

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Cook the Noodles

- Bring a saucepan of **water** to the boil with **½ tsp salt**.
- When boiling, add the **noodles** and bring back to the boil. Cook until tender, 4 mins.
- Once cooked, drain in a colander. **TIP:** *Run the noodles under cold water to stop them sticking together.*



Stir-Fry Time

- Lower the heat to medium and add the **plums** and **sugar for the sauce** (see pantry for amount) to the **chicken**.
- Stir-fry until the **plums** start to colour, 1-2 mins.
- Stir in the **garlic** and **ginger puree** and as many **chilli flakes** as you'd like (careful, they're hot).
- Stir-fry for 1 min more.



Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan or wok on medium-high heat.
- Once hot, add the **diced chicken** and season with **salt** and **pepper**.
- Fry, stirring occasionally, until browned, 5-6 mins. **IMPORTANT:** *Wash your hands and equipment 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.



Sauce Things Up

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



Get Prepped

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



Serve

- Share the **chicken and plum stir-fry** between your bowls.
- Scatter over the **peanuts** to serve if you'd like to.

Enjoy!