



# Honey Sambal Chicken Noodles

with Mangetout and Salted Peanuts

Calorie Smart 25-30 Minutes • Mild Spice • Under 650 Calories

27



Garlic Clove



Salted Peanuts



Diced Chicken Breast



Egg Noodle Nest



Ginger Puree



Mangetout



Ketjap Manis



Soy Sauce



Sambal



Honey

**Pantry Items**  
Oil, Salt, Pepper

## 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, garlic press, rolling pin, frying pan and sieve.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Salted Peanuts <b>1)</b>	25g	40g	50g
Diced Chicken Breast**	260g	390g	520g
Egg Noodle Nest <b>8) 13)</b>	2 nests	3 nests	4 nests
Ginger Puree	15g	15g	30g
Mangetout**	80g	150g	150g
Ketjap Manis <b>11)</b>	25g	37g	50g
Soy Sauce <b>11) 13)</b>	25ml	30ml	50ml
Sambal	15g	22g	30g
Honey	30g	45g	60g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving 307g	Per 100g 100g
Energy (kJ/kcal)	2501 /598	814 /195
Fat (g)	11.1	3.6
Sat. Fat (g)	2.2	0.7
Carbohydrate (g)	74.6	24.3
Sugars (g)	23.8	7.7
Protein (g)	47.1	15.3
Salt (g)	4.92	1.60

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

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

## 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.

## Contact

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## 1 Get Prepped

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

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

Crush the **peanuts** in the unopened sachet using a rolling pin.



## 2 Cook the Chicken

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **chicken** to the pan and season with **salt** and **pepper**.

Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*



## 3 Get the Noodles On

Meanwhile, when your pan of **water** is boiling, 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.



## 4 Sauce Things Up

Once the **chicken** is cooked, add the **garlic** and **ginger puree** to the pan. Cook until fragrant, 1 min.

Add the **mangetout**, **ketjap manis**, **soy sauce**, **sambal**, **honey** and **water for the sauce** (see pantry for amount). **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*

Stir to combine, then simmer until thickened, 3-4 mins.



## 5 Combine and Stir

Once thickened, add the **cooked noodles** to the **chicken** and toss until well coated, 1 min.



## 6 Serve

Serve your **honey sambal noodles** in bowls with the **peanuts** sprinkled over the top to finish.

Enjoy!

