







More Than Food
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Shanghai Style Chicken Stir-Fry with Noodles

The wonderful Rick Stein is one of André's favourite chefs. One night before dinner, André was watching good old Rick's show and he did a cracking Shanghai style pork belly. Feeling inspired and somewhat ravenous, our André felt slightly sombre about the lack of pork he had in the house - and so his Shanghai style chicken stir-fry with noodles was born.



30 mins



healthy



2 of your
5 a day



spicy



Chicken Thigh
(3)



Chinese Five Spice
(¼ tsp)



Red Pepper
(1)



Red onion
(1)



Spring Onion
(3)



Ginger
(½ tbsp)



Garlic clove
(1)



Coriander
(1 bunch)



Egg Noodle Nest (2)



Soy Sauce
(1½ tbsp)



Hoisin Sauce
(2 tbsp)

2 PEOPLE INGREDIENTS

- Chicken Thigh
- Chinese Five Spice
- Red Pepper, sliced
- Red Onion, sliced
- Spring Onion, sliced
- Ginger, grated

3
¼ tsp
1
1
3
½ tbsp

- Garlic Clove, grated
- Coriander, chopped
- Egg Noodle Nest
- Soy Sauce
- Hoisin Sauce

1
1 bunch
2
1½ tbsp
2 tbsp

🍷 Our fruit and veggies may need a little wash before cooking!

Did you know...

Spring onions are also known as scallions.

Soy Sauce: Water, Soybeans, Wheat, Salt.

Hoisin Sauce: Sugar and Cane Molasses (39%), Water, Yellow Bean Sauce (17%) (Fermented Salted Soybean (Soybean, Wheat Flour, Salt, Water) Soy Sauce (Water, Soybean, Salt, Wheat Flour), Sugar, Water, Colour: Caramel), Soy Sauce (8%) (Water, Salt, Colour: Caramel, Sugar, Soybean, Wheat Flour), Red Wine Vinegar, Black Treacle, Thickener: Modified Maize Starch, Rapeseed Oil, Red Chilli Purée (Red Chilli, White Wine Vinegar, Sunflower Oil, Sea Salt, Stabiliser: Guar Gum), Garlic Powder, Spices.

Allergens: Egg, Soya, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	447 kcal / 1879 kJ	15 g	2 g	41 g	7 g	40 g	2 g
Per 100g	104 kcal / 436 kJ	4 g	1 g	10 g	2 g	9 g	0 g

1



1 Put a pot of water on high heat and bring to the boil. Cut each **chicken thigh** into 1cm wide strips and place in a bowl. Sprinkle over the **Chinese Five spice**, mix well and leave to marinate. Wash your hands, knife and chopping board and then get on with the rest of your prep.

2



2 Remove the core from the **red pepper** and slice thinly. Cut the **red onion** in half through the root, peel and then slice thinly into half moon shapes.

3



3 Cut and discard the root from the **spring onion**, then slice them as thinly as you can. Peel the **ginger** using the edge of a spoon, then grate it. Peel and grate the **garlic** (or use a garlic press if you have one). Roughly chop the **coriander**.

5



4 Pop the **egg noodles** into the boiling water and cook for 4 mins. Drain in a colander and then run under cold water until your **noodles** are cold. **Tip:** *This is to stop them cooking anymore.*

5 While your **noodles** are cooking, heat a large frying pan or wok on high heat and add a glug of **oil**. Cook your **chicken strips** for 4 mins until they are nice and brown. **Tip:** *If necessary, cook the chicken in batches to make sure the meat does not stew.* Transfer your **chicken** to a bowl and keep until later. **Tip:** *The chicken is cooked when it is no longer pink in the middle.*

6 Wipe the pan with a piece of kitchen paper and then add another glug of **oil**. When the **oil** is very hot, add your **pepper** and cook for 3 mins before adding your **onion**. Cook for another 2 mins and then pop your **chicken** back into the pan. Add your **ginger** and **garlic** and cook for another minute before stirring in your drained **noodles, soy sauce** and **hoisin sauce**.

7 Toss well until all your ingredients are combined and cook for another minute to make sure your **noodles** are piping hot.

8 Finish your **chicken stir-fry** by adding your **spring onion** and as much **coriander** as you like. Serve immediately and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!