



Sticky Chicken Noodle Stir-Fry with Peppers, Coriander and Peanuts

37

Customer Favourites 25-30 Minutes • Mild Spice • 1 of your 5 a day



Bell Pepper



Carrot



Garlic Clove



Red Chilli



Coriander



Mango Chutney



Bulgogi Sauce



Soy Sauce



Salted Peanuts



Egg Noodle Nest



Diced Chicken Thigh



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, grater, garlic press, bowl, rolling pin, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Carrot**	1	1	2
Garlic Clove**	1	1	2
Red Chilli**	½	½	1
Coriander**	1 bunch	1 bunch	1 bunch
Mango Chutney	40g	60g	80g
Bulgogi Sauce 11	75g	112g	150g
Soy Sauce 11 13	15ml	25ml	30ml
Salted Peanuts 1	25g	40g	40g
Egg Noodle Nest 8 13	2 nests	3 nests	4 nests
Diced Chicken Thigh**	260g	390g	520g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge **Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	437g	100g	437g	100g
Energy (kJ/kcal)	2980 / 712	683 / 163	2719 / 650	623 / 149
Fat (g)	22.3	5.1	12.2	2.8
Sat. Fat (g)	5.2	1.2	2.2	0.5
Carbohydrate (g)	86.1	19.7	85.8	19.7
Sugars (g)	35.2	8.1	35.2	8.1
Protein (g)	43.0	9.8	45.8	10.5
Salt (g)	3.89	0.89	3.83	0.88

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.

Contact

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Prep Time

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **noodles**.

Halve the **pepper** and discard the core and seeds. Slice into thin strips.

Trim the **carrot** (no need to peel), then coarsely grate. Peel and grate the **garlic** (or use a garlic press).

Halve the **chilli** lengthways, deseed, then thinly slice. Roughly chop the **coriander** (stalks and all).



Start your Stir-Fry

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

Once hot, add the **chicken** and stir-fry until golden brown on the outside and cooked through, 8-10 mins.

Once cooked, transfer the **chicken** to a bowl.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.

CUSTOM RECIPE

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



Make the Sauce

In a small bowl, mix together the **mango chutney**, **bulgogi**, **soy sauce**, **ketchup** and **water for the sauce** (see pantry for both amounts). Set aside.

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



Bring on the Veg

Pop the (now empty) pan back on medium-high heat with a drizzle of **oil** if needed.

Once hot, add the **peppers** and stir-fry until softened, 4-5 mins.

Add the **carrot**, **garlic** and **sauce** to the pan. Bring to the boil, then stir through the **cooked chicken** and **noodles**.

Toss to coat everything in the **sauce** and cook, stirring frequently until piping hot, 2-3 mins. Add a splash of **water** if needed.



Cook the Noodles

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.



Serve

When ready, share the **chicken stir-fry** between your bowls.

Finish with a sprinkling of **peanuts**, **coriander** and **chilli** (careful, it's hot - add less if you'd prefer things milder).

Enjoy!