



# Stir-Fried Hoisin Chicken Noodles with Pepper, Sugar Snap Peas and Cashews

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

37



Bell Pepper



Sugar Snap Peas



Garlic Clove



Ginger



Cashew Nuts



Egg Noodle Nest



Diced Chicken Thigh



Hoisin Sauce



Honey



Soy Sauce



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper

### 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

Garlic press, grater, frying pan, bowl, saucepan and sieve.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Sugar Snap Peas**	80g	150g	150g
Garlic Clove**	1	2	2
Ginger**	1	2	2
Cashew Nuts 2)	25g	25g	25g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Diced Chicken Thigh**	210g	350g	390g
Hoisin Sauce 11)	64g	96g	128g
Honey	15g	30g	30g
Soy Sauce 11) 13)	15ml	25ml	25ml
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

\*\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be green, 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	353g	100g	378g	100g
Energy (kJ/kcal)	2614 /625	741 /177	2527 /604	669 /160
Fat (g)	18.3	5.2	10.6	2.8
Sat. Fat (g)	4.5	1.3	2.2	0.6
Carbohydrate (g)	78.4	22.2	78.2	20.7
Sugars (g)	23.9	6.8	23.9	6.3
Protein (g)	39.0	11.0	46.6	12.3
Salt (g)	3.98	1.13	3.97	1.05

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

## Allergens

2) Nuts 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 the Veg

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Cut the **sugar snap peas** into thirds.

Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. **TIP:** Use a teaspoon to easily scrape away the peel.

Heat a large frying pan on medium heat (no oil). Once hot, add the **cashews** and cook, stirring regularly, until lightly toasted, 2-3 mins. **TIP:** Watch them like a hawk as they can burn easily.

Once toasted, pop the **cashews** into a small bowl.



## Make the Hoisin Glaze

While the **chicken** cooks, in a small bowl, combine the **hoisin sauce, honey, soy sauce** 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.

Mix well and set aside your **hoisin glaze**.



## Cook the Noodles

Meanwhile, bring a saucepan of **water** to the boil with  $\frac{1}{4}$  tsp salt.

When 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.



## Combine and Stir

Once everything's cooked, add the **noodles, sugar snaps** and **hoisin glaze** to the **chicken**.

Mix well to combine and cook until everything's piping hot and the **sauce** has thickened to coat the **noodles**, 2-3 mins.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if you feel it needs it.



## Stir-Fry the Chicken

Return the (now empty) frying pan to medium-high heat with a drizzle of **oil**.

Once hot, add the **chicken** and **sliced pepper**. Stir-fry until the **chicken** is golden brown and cooked through and the **pepper** has softened, 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.

Stir in the **garlic** and **ginger**, then fry for 1 min.

## CUSTOM RECIPE

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



## Time to Serve

Share the **hoisin chicken noodles** between your bowls.

Sprinkle over the **toasted cashews** to finish.

Enjoy!