



Sweet and Sticky Chicken with Green Pepper, Mangetout and Noodles

Calorie Smart 25-30 Minutes • 1 of your 5 a day • Under 650 Calories

24



Green Pepper



Mangetout



Spring Onion



Garlic Clove



Cornflour



Diced Chicken Thigh



Egg Noodle Nest



Ketjap Manis



Rice Vinegar

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

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, bowl, frying pan and sieve.

Ingredients

Ingredients	2P	3P	4P
Green Pepper**	1	2	2
Mangetout**	80g	150g	150g
Spring Onion**	1	2	2
Garlic Clove**	2	3	4
Cornflour	10g	15g	20g
Diced Chicken Thigh**	210g	350g	390g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Ketjap Manis 11)	50g	75g	100g
Rice Vinegar	30ml	45ml	60ml
Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	4 tbsp	4 tbsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2378 /568	680/163
Fat (g)	11.5	3.3
Sat. Fat (g)	3.3	0.9
Carbohydrate (g)	81.2	23.2
Sugars (g)	24.5	7.0
Protein (g)	35.8	10.2
Salt (g)	3.23	0.92

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

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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Get Prepped

Put a large saucepan of **water** on to boil.

Halve the **green pepper** and discard the core and seeds. Slice into thin strips, then chop into thirds. Halve the **mangetout** lengthways. Trim and thinly slice the **spring onion**. Peel and grate the **garlic** (or use a garlic press).

Put the **cornflour** into a large bowl and season with **salt** and **pepper**. Add the **diced chicken** and toss to completely coat. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*



Fry the Chicken

Pop your (now empty) frying pan back on medium-high heat with a drizzle of **oil** if needed. Once hot, add the **chicken**. Fry until golden brown and cooked through, 8-10 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

Meanwhile, in a small bowl, combine the **ketjap manis**, **rice vinegar**, **ketchup**, **sugar** and **water for the sauce** (see pantry for all three amounts).

Stir well to make your **sticky sauce**.



Stir-Fry the Veg

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

Once hot, add the **pepper** and season with **salt** and **pepper**. Fry until starting to soften, 3-4 mins.

Add the **mangetout**, then cook, stirring occasionally, until softened, 2-3 mins more.

Stir in the **garlic**, cook for 1 min, then transfer the **cooked veg** to another bowl. Set aside with your pan.



Bring on the Sticky Sauce

Once the **chicken** is cooked, add the **stir-fried veg** back into the pan and mix together for 1 min.

Pour the **sticky sauce** into your frying pan, then lower the heat to medium.

Simmer, stirring occasionally, until the **sauce** has reduced slightly, 2-3 mins. Remove from the heat and season to taste.



Cook the Noodles

While the **veg** cooks, add the **noodles** and **½ tsp salt** to the pan of **boiling water**. Cook until tender, 4 mins.

Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Finish and Serve

Add the **cooked noodles** to the **chicken stir-fry** and toss to coat well in the **sauce**. Add a splash of **water** if it needs loosening.

Share between your bowls and sprinkle with the **spring onion** to finish.

Enjoy!