



Sweet and Sticky Chicken

with Bell Pepper, Green Beans and Noodles

Calorie Smart 25-30 Minutes • 2 of your 5 a day • Under 650 Calories

24



Red Onion



Bell Pepper



Green Beans



Spring Onion



Garlic Clove



Cornflour



Diced Chicken Thigh



Egg Noodle Nest



Ketjap Manis



Rice Vinegar



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, garlic press, bowl, frying pan and sieve.

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	1	2	2
Green Beans**	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	45ml	60ml	75ml
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	4 tbsp	4 tbsp
Water for the Sauce*	75ml	100ml	150ml

*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	Per serving	Per 100g
for uncooked ingredient	440g	100g
Energy (kJ/kcal)	2475 /591	562 /134
Fat (g)	11.8	2.7
Sat. Fat (g)	3.0	0.8
Carbohydrate (g)	86.9	19.7
Sugars (g)	29.3	6.6
Protein (g)	35.9	8.2
Salt (g)	3.32	0.75

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	465g	100g
Energy (kJ/kcal)	2388 /571	513 /123
Fat (g)	4.1	0.9
Sat. Fat (g)	1.0	0.2
Carbohydrate (g)	86.8	18.6
Sugars (g)	29.3	6.3
Protein (g)	43.5	9.4
Salt (g)	3.31	0.71

Nutrition for uncooked ingredients based on 2 person recipe.
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. **Having trouble with your WW QR code?** You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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Get Prepped

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

Halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips, then chop into thirds.

Trim the **green beans** and cut into thirds. 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.



Add 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.

CUSTOM RECIPE

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

Scan to get your exact PersonalPoints™ value



Points based on **chicken thigh** recipe, if you have swapped to **chicken breast** your PersonalPoints™ value is **12-14**.



Stir-Fry the Veg

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

Once hot, add the **pepper** and **green beans**. Season with **salt** and **pepper**, then fry until starting to soften, 3-4 mins.

Add the **onion** and 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

Meanwhile, in a small bowl, combine the **ketjap manis**, **rice vinegar**, **ketchup** and **water for the sauce** (see pantry for both amounts). Stir well to make your **sticky sauce**.

Once the **chicken** is cooked, add the **veg** back into the pan and stir 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 $\frac{1}{4}$ **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's a little too thick.

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

Enjoy!