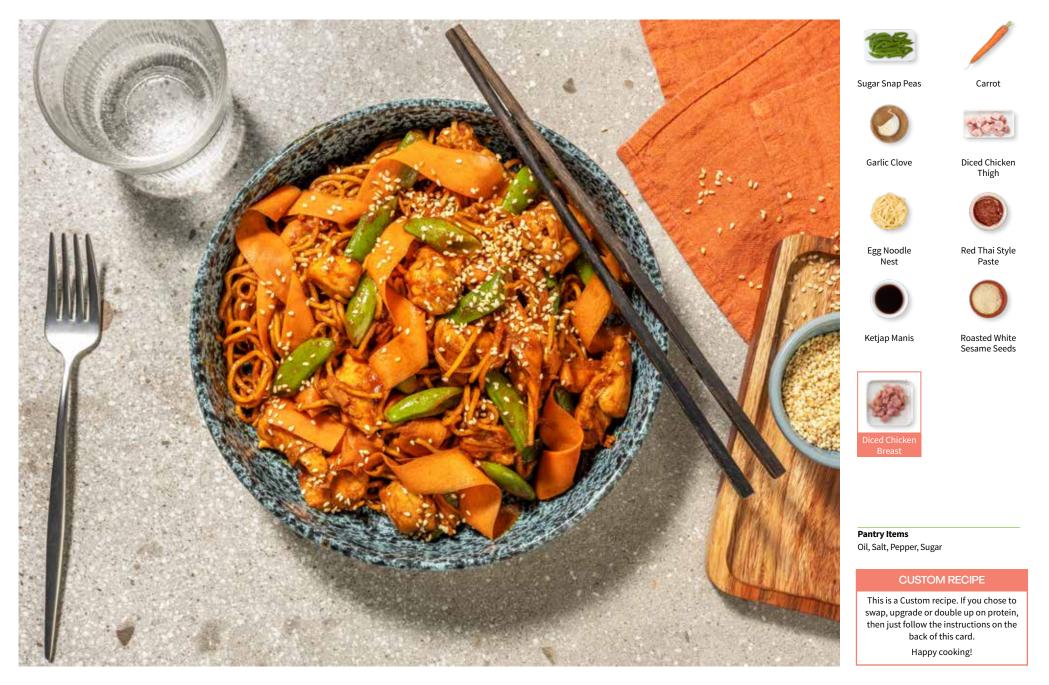


# Thai Inspired Chicken and Noodle Stir-Fry



with Carrot Ribbons, Sugar Snaps and Sesame Seeds

Classic Eat Me Early • 20 Minutes • Mild Spice • 1 of your 5 a day



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

#### Cooking tools Peeler, garlic press, frying pan and sieve. Ingredients

2P	3P	4P
80g	150g	150g
1	2	2
2	3	4
210g	350g	520g
2 nests	3 nests	4 nests
50g	75g	100g
50g	75g	100g
5g	7g	7g
260g	390g	520g
2P	3P	4P
½ tsp	¾ tsp	1 tsp
50ml	75ml	100ml
	200 210g 2 nests 50g 50g 5g 260g 2P ½ tsp	L.         C.           80g         150g           1         2           2         3           210g         350g           2 nests         3 nests           50g         75g           50g         75g           5g         7g           260g         390g           2         3P           ½ tsp         ¾ tsp

\*Not Included \*\*Store in the Fridge

## Nutrition

			Ousconneoipe	
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	321g	100g	346g	100g
Energy (kJ/kcal)	2462/588	768/184	2375/568	688/164
Fat (g)	17.1	5.3	9.4	2.7
Sat. Fat (g)	3.8	1.2	1.5	0.4
${\rm Carbohydrate}(g)$	74.9	23.4	74.7	21.6
Sugars (g)	22.8	7.1	22.8	6.6
Protein (g)	35.9	11.2	43.5	12.6
Salt (g)	3.78	1.18	3.76	1.09

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

## Allergens

#### 3) Sesame 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

## Let us know what you think!

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## Get Prepped

a) Slice the sugar snap peas in half lengthways.
b) Trim and peel the carrot. Use the peeler to peel long ribbons down the length of the carrot, stopping at the core.

c) Peel and grate the **garlic** (or use a garlic press).



## Cook the Chicken

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

**b)** Once hot, add the **diced chicken** and season with **salt** and **pepper**.

c) Fry until golden brown on the outside and cooked through, 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.

### CUSTOM RECIPE

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



## **Combine and Stir**

a) Add the cooked noodles, carrot ribbons, ketjap manis, sugar and water for the sauce (see pantry for both amounts) to the pan. Stir together until well combined and piping hot, then remove from the heat.

**b)** Taste and season with **salt** and **pepper** if needed.



## Bring on the Noodles

a) While the chicken cooks, bring a large saucepan of water to the boil with 1/4 tsp salt.

**b)** When boiling, add the **noodles** to the **water** and cook until tender, 4 mins.

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

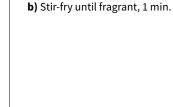


## Serve

**a)** Share the **Thai inspired chicken noodles** between your bowls.

b) Sprinkle over the sesame seeds to finish.

Enjoy!



**Build the Flavour** 

a) Once the chicken has browned, add the sugar

snaps, red Thai style paste and garlic to the pan.

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