



# Thai Style Peanut Chicken Noodles with Green Beans and Pepper

Rapid Eat Me Early • 20 Minutes • Mild Spice

16



Garlic Clove



Lime



Green Beans



Egg Noodle Nest



Diced Chicken Breast



Soy Sauce



Peanut Butter



Ketjap Manis



Yellow Thai Style Paste

**Pantry Items**

Oil, Salt, Pepper, Sugar

## 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, colander, frying pan, measuring jug and bowl.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Lime**	½	1	1
Green Beans**	80g	150g	150g
Egg Noodle Nest <b>8) 13)</b>	2 nests	3 nests	4 nests
Diced Chicken Breast**	260g	390g	520g
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
Peanut Butter <b>1)</b>	30g	45g	60g
Ketjap Manis <b>11)</b>	25g	37g	50g
Yellow Thai Style Paste	45g	67g	90g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Boiled Water for the Sauce*	150ml	225ml	300ml

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>313g</b>	<b>100g</b>
Energy (kJ/kcal)	2493 /596	796 /190
Fat (g)	15.1	4.8
Sat. Fat (g)	2.6	0.8
Carbohydrate (g)	65.3	20.8
Sugars (g)	13.0	4.1
Protein (g)	47.2	15.1
Salt (g)	4.27	1.36

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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## Get Prepped

- Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **noodles**.
- Peel and grate the **garlic** (or use a garlic press). Cut the **lime** into wedges.
- Trim the **green beans** and cut into thirds.



## Make the Peanut Sauce

- While the **chicken** cooks, in a jug or bowl, mix together the **sugar** and **boiled water for the sauce** (see pantry for both amounts), **soy sauce**, **peanut butter** and **ketjap manis**. **TIP:** *The peanut butter will loosen more when it warms up in the hot pan.*



## Cook the Noodles and Beans

- When your pan of **water** is boiling, add the **noodles** and **green beans**.
- Cook until tender, 4 mins.
- Once cooked, drain in a colander and run under **cold water** to stop the **noodles** sticking together and to keep the **veg** vibrant.



## Combine and Stir

- Once the **chicken** is cooked, add the **yellow Thai style paste** and **garlic** to the pan. Cook until fragrant, 1 min.
- Add the **cooked noodles**, **beans** and **peanut sauce**, stirring until well combined, 2-3 mins. Add a splash of **water** to loosen the **sauce** if needed.
- Add a generous squeeze of **lime juice**. Taste and season with **salt** and **pepper** if needed.



## Time to Fry

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **chicken** to the pan and season with **salt** and **pepper**.
- 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. The chicken is cooked when no longer pink in the middle.*



## Serve

- Share your **peanut noodles** between your bowls.
- Serve with any remaining **lime wedges** for squeezing over.

## Enjoy!