



Bulgogi Chicken Stir-Fry

with Noodles, Green Veg and Peanuts

12

Rapid Eat Me Early • 20 Minutes • 2 of your 5 a day



Broccoli Florets



Garlic Clove



Spring Onion



Lime



Salted Peanuts



Green Beans



Diced Chicken Thigh



Egg Noodle Nest



Bulgogi Sauce



Soy Sauce

Before you start

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

Cooking tools

Garlic press, zester, saucepan, frying pan and colander.

Ingredients

	2P	3P	4P
Broccoli Florets**	200g	200g	400g
Garlic Clove**	1	1	2
Spring Onion**	2	3	4
Lime**	1	1	1
Salted Peanuts 1)	25g	25g	50g
Green Beans**	80g	120g	150g
Diced Chicken Thigh**	210g	350g	420g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Bulgogi Sauce 11)	100g	175g	200g
Soy Sauce 11) 13)	25ml	38ml	50ml

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	442g	100g
2756 / 659	623 / 149	
Fat (g)	21.1	4.8
Sat. Fat (g)	4.4	1
Carbohydrate (g)	75.4	17.1
Sugars (g)	22.2	5
Protein (g)	40.7	9.2
Salt (g)	3.97	0.9

Nutrition for uncooked ingredients based on 2 person recipe.

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.



Prep Time

- Halve any large **broccoli florets**.
- Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onions**.
- Zest and cut the **lime** into **wedges**. Roughly chop the **peanuts**.
- Trim the **green beans** and chop into thirds.



Fry the Chicken

- Bring a large saucepan of **water** to the boil with **1/4 tsp salt** for the **noodles**.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once the **oil** is hot, add the **diced chicken thigh** to the pan and season with **salt** and **pepper**. Fry until golden brown on the outside and cooked through, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Cook the Noodles

- Meanwhile, when your pan of **water** is boiling, add the **noodles** and cook until tender, 3-4 mins.
- Once cooked, drain in a colander. **TIP:** Run the noodles under cold water to stop them sticking together.



Bring on the Veg

- Add the **broccoli** and **green beans** to the **chicken** pan. Stir-fry until they begin to soften, 5-6 mins.
- Once the **veg** has softened, stir in the **garlic**, **lime zest**, **bulgogi sauce** and **soy sauce**.
- Stir-fry until piping hot, 1-2 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Mix Things Up

- Once the **noodles** have cooked, add them to the pan with the **chicken**.
- Toss to coat in the **sauce** and cook until piping hot, 1-2 mins. **TIP:** Add a splash of water if the noodles look a little dry.



Serve

- Share the **bulgogi chicken noodles** between your bowls and sprinkle over the **peanuts** and **spring onion** for those who'd like them.
- Serve with a **lime wedge** on the side for squeezing over.

Enjoy!

Contact

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