



Chicken and Broccoli Stir Fry with Noodles

Rapid 20 Minutes • Medium Spice • 1.5 of your 5 a day

11



Diced Chicken Thigh



Garlic Clove



Spring Onion



Red Chili



Lime



Broccoli



Bell Pepper



Egg Noodle Nest



Ketjap Manis



Soy Sauce



Peanut Butter

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Frying Pan, Fine Grater (or Garlic Press), Chopping Board, Sharp Knife, Saucepan and Jug.

Ingredients

| | 2P | 3P | 4P |
|------------------------|----------|-----------|-----------|
| Diced Chicken Thigh** | 280g | 420g | 560g |
| Garlic Clove** | 2 cloves | 3 cloves | 4 cloves |
| Spring Onion** | 1 | 2 | 2 |
| Red Chilli** | ½ | ¾ | 1 |
| Lime** | ½ | 1 | 1 |
| Broccoli** | ½ | 1 | 1 |
| Bell Pepper*** | 1 | 2 | 2 |
| Egg Noodle Nest 8) 13) | 1 pack | 1½ packs | 2 packs |
| Ketjap Manis 11) 13) | 1 sachet | 2 sachets | 2 sachets |
| Soy Sauce 11) 13) | 1 sachet | 1 sachet | 2 sachets |
| Peanut Butter 1) | 1 sachet | 2 sachets | 2 sachets |
| Water for the Sauce* | 50ml | 75ml | 100ml |

*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

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 446g | 100g |
| Energy (kJ/kcal) | 2732/653 | 612/146 |
| Fat (g) | 22 | 5 |
| Sat. Fat (g) | 5 | 1 |
| Carbohydrate (g) | 69 | 15 |
| Sugars (g) | 16 | 4 |
| Protein (g) | 46 | 10 |
| Salt (g) | 2.24 | 0.50 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Cook the Chicken

a) Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **chicken** and cook, stirring regularly, until browned and cooked through, 8-10 mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*

b) Transfer the **chicken** to a plate but keep the pan. Meanwhile, fill and boil your kettle.



Stir-Fry!

a) Add the **garlic** and the **chilli** (use less chilli if you don't like heat) to the pan with the **broccoli**. Stir-fry for 1 min then add a splash of **water** to help the vegetables cook through.

b) Meanwhile, whisk the **ketjap manis**, **soy sauce** and **peanut butter** in a jug with **water** until well combined. (see ingredients for amounts).



Get Prepped

a) Peel and grate the **garlic** (or use a garlic press). Trim the **spring onions** then slice thinly. Halve the **chilli** lengthways, deseed then finely chop.

b) Zest the **lime** and cut into wedges.

c) Chop the **broccoli** into florets (like small trees!) halve the **florets**.

d) Halve the **pepper** and discard the core and seeds. Slice into thin strips.



Finish Up

a) Return the **chicken** to the pan and add the **noodles** and **peanut sauce mixture**.

b) Mix together and cook until everything is piping hot, 2-3 mins.



Cook Your Veggies

a) Put the now empty frying pan back on a high heat and, when hot, add the **broccoli** and **pepper** and stir-fry until golden, 4-5 mins.

b) Meanwhile, bring a saucepan of **water** to the boil with the **water** from your kettle and ¼ tsp of **salt** for the **noodles**.

c) When boiling, add the **noodles** and cook until tender, 4 mins. Once cooked, drain in a sieve and drizzle with **oil** to prevent them sticking together.



Serve Up!

a) Divide the **stir fry** between plates, sprinkle over the **lime zest**, **spring onion** and any remaining **chilli**.

b) Serve with the **lime wedges** for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.