



Chicken and Peanut Butter Noodles

with Broccoli and Yellow Pepper

Nº 14

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



Diced Chicken Thigh



Garlic Clove



Spring Onion



Red Chilli



Lime



Broccoli Florets



Yellow Pepper



Egg Noodle Nest



Ketjap Manis



Soy Sauce



Peanut Butter

Before you start

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

Basic cooking tools, you will need:

Frying Pan, Fine Grater (or Garlic Press), Saucepan, Sieve and Measuring 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 Florets**	1 small pack	1 medium pack	1 large pack
Yellow 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

Nutrition

	Per serving	Per 100g
for uncooked ingredient	455g	100g
Energy (kJ/kcal)	2736 /654	601/144
Fat (g)	23	5
Sat. Fat (g)	5	1
Carbohydrate (g)	67	15
Sugars (g)	16	4
Protein (g)	47	10
Salt (g)	3.57	0.78

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK

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1. Cook the Chicken

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



2. Get Prepped

- 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.
- Zest the lime and cut into wedges.
- Halve the broccoli florets.
- Halve the pepper and discard the core and seeds. Slice into thin strips.



3. Cook your Veggies

- Put the now empty frying pan back on high heat and, when hot, add the broccoli and pepper and stir-fry until golden, 4-5 mins.
- Meanwhile, bring a saucepan of water up to the boil with the water from your kettle and 0.25 tsp of salt for the noodles.
- 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.



4. Stir-Fry!

- Add the garlic and the chilli (use less chilli if you don't like heat) to the pan with the broccoli. Stir-fry for one min then add a splash of water to help the vegetables cook through.
- Meanwhile, whisk the ketjap manis, soy sauce and peanut butter in a jug with water (see ingredients for amounts) until well combined.



5. Finish Up

- Return the chicken to the pan and add the noodles and peanut sauce mixture.
- Mix together and cook until everything is piping hot, 2-3 mins.



6. Serve Up!

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