



# Chicken & Plum Noodle Stir-Fry with Mangetout

**Rapid** 20 Minutes • 1 of your 5 a day

1



Egg Noodle Nest



Diced Chicken Thigh



Plum



Spring Onion



Red Chilli



Garlic Clove



Ginger Purée



Mangetout



Hoisin Sauce



Ketjap Manis



Salted Peanuts



Diced Chicken Breast



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

All of our fruit and veggies need a little wash before you use them.

## Cooking tools, you will need:

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

## Ingredients

	2P	3P	4P
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Diced Chicken Thigh**	280g	420g	560g
Diced Chicken Breast**	280g	420g	560g
Plum**	2	3	4
Spring Onion**	1	2	2
Red Chilli**	½	¾	1
Garlic Clove**	1	2	2
Ginger Purée**	½ sachet	¾ sachet	1 sachet
Mangetout**	150g	300g	300g
Hoisin Sauce 3) 11)	1 sachet	1 sachet	2 sachets
Ketjap Manis 11) 13)	1 sachet	2 sachets	2 sachets
Salted Peanuts 1)	1 bag	1 bag	2 bags

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	407g	100g
Energy (kJ/kcal)	2812/672	692/165
Fat (g)	22	5
Sat. Fat (g)	5	1
Carbohydrate (g)	76	19
Sugars (g)	26	6
Protein (g)	45	11
Salt (g)	2.48	0.61
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	407g	100g
Energy (kJ/kcal)	2495/596	614/147
Fat (g)	11	3
Sat. Fat (g)	2	1
Carbohydrate (g)	76	19
Sugars (g)	26	6
Protein (g)	50	12
Salt (g)	2.48	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

1) Peanut 3) Sesame 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.

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Cook the Noodles

a) Bring a saucepan of **water** up to the boil with 0.5 tsp of **salt** for the noodles.

b) When boiling, add the **noodles** and cook for 4 mins.

c) Drain in a sieve, return to the pan (off the heat) and cover with cold **water** - this will stop them from sticking together.



## Fry the Chicken

a) Meanwhile, heat a drizzle of **oil** in a large frying pan or wok on medium-high heat.

b) When hot, add the **diced chicken** and season with **salt** and **pepper**. Fry, stirring occasionally, until browned, 4-5 mins.

## CUSTOM RECIPE

If you've chosen to receive **diced chicken breast** instead of **diced chicken thigh**, just cook it the same way the recipe tells you to cook the **diced thigh** in the step above and in the rest of the recipe.



## Stir-fry Time

a) Lower the heat to medium and add the **plums** to the pan with the **chicken**.

b) Stir-fry until the plums start to colour, 1-2 mins.

c) Stir in the **garlic** and **ginger purée** along with **half the spring onion** and as much **chilli** as you like.

d) Stir-fry for another minute.



## Finish up

a) Add the **mangetout** and stir-fry until just tender, 1-2 mins.

b) Stir in the **hoisin sauce**, **ketjap manis** and 1 tbsp **water** per person, ensuring everything is well coated.

c) Drain the **noodles** and add them to the pan. Stir together and cook until everything is piping hot, 1-2 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Prep

a) Meanwhile, halve the **plums**, remove the stones and chop each half into three wedges.

b) Trim the **spring onion** and thinly slice.

c) Halve the red **chilli**, deseed and finely chop.

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



## Serve

a) Divide the **chicken and plum noodles** between your bowls and scatter over the **peanuts** and remaining **spring onion**.

## 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.