



CHINESE CHICKEN NOODLES

with Green Beans & Red Pepper



HELLO COOKBOOK

Our brand NEW cookbook 'Recipes That Work' is available to buy now on Amazon!



Red Pepper



Green Beans



Red Chilli



Coriander



Lime



Soy Sauce



Tomato Ketchup



Honey



Egg Noodles



Diced Chicken Thigh

MEAL BAG
Hands on: 30 mins
Total: 30 mins

Family Box

Recreate this classic Chinese noodle dish in less time than it takes for you to decide what you want for dinner. Packed with fresh, vibrant vegetables, requiring minimal washing up, and on the table in just 30 minutes, for a quick-fix dinner that delivers on taste and time, this recipe comes out on top. We'll send your compliments to the chef!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Colander** and **Frying Pan**. Now, let's get cooking!



1 DO THE PREP

Put a large saucepan of water with a pinch of **salt** on to boil for the noodles. Halve, then remove the core from the **pepper** and cut into thin slices. Trim the tops from the **green beans**, then chop into thirds. Halve the **red chilli** lengthways, deseed and finely slice. Roughly chop the **coriander** (stalks and all). Cut the **lime** into four wedges. In a small bowl combine the **soy sauce, ketchup** and **honey**. This is your sauce.



2 COOK THE NOODLES

Add the **noodles** to the pan of boiling water and cook for 3-4 mins. Drain in a colander, return to the pan off the heat and cover with cold water to stop them cooking anymore. Set aside.



3 STIR-FRY THE CHICKEN

Meanwhile, heat a drizzle of **oil** in a frying pan or wok over high heat. When really hot, add the **chicken**, season with **salt** and **pepper** and stir-fry until browned all over, 3-4 mins.



4 ADD THE VEGGIES

Lower the heat slightly and add the **pepper** and **beans**. Stir-fry until the **veggies** are soft and the **chicken** cooked through, 5-6 mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



5 FINISH UP

Pour the **sauce** into the pan. Drain the **noodles** again and add these to the pan as well. Toss well to ensure everything is coated in **sauce** and the **noodles** are piping hot. Season to taste with **salt** and **pepper**.



6 SERVE

Serve the **chicken noodles** in bowls. Scatter the **coriander** and **chilli** (use as much as you dare!) on the adults' portions, leaving the kids' plain (unless they like a bit of heat!). Pop a **lime wedge** on the side of each bowl for squeezing over. **Enjoy!**

4 PEOPLE INGREDIENTS

Red Pepper, sliced	2
Green Beans, chopped	2 packs
Red Chilli, sliced	½
Coriander, chopped	1 bunch
Lime	1
Soy Sauce 11 13)	3 sachets
Tomato Ketchup 10)	2 sachets
Honey	2 sachets
Egg Noodles 8) 13)	4 nests
Diced Chicken Thigh	560g

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 423G	PER 100G
Energy (kcal)	580	137
(kJ)	2428	574
Fat (g)	13	3
Sat. Fat (g)	3	1
Carbohydrate (g)	66	16
Sugars (g)	18	4
Protein (g)	51	12
Salt (g)	4.21	1.00

ALLERGENS

[8](#)) Egg [10](#)) Celery [11](#)) Soya [13](#)) Gluten

Soy Sauce: Water, **Soy** Beans, **Wheat**, Salt, Sodium Benzoate.

Tomato Ketchup: Tomatoes (200g in 100g Ketchup), Unrefined Raw Cane Sugar, Spirit Vinegar, Cornflour, Sea Salt, Garlic Powder, Onion Powder, Seasoning (Salt, Spice Extracts [Contains **Celery**], Onion Extract).

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: [0207 138 9055](tel:02071389055) | hello@hellofresh.co.uk

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