



# Speedy Chicken Noodles with Green Beans and Pepper

Rapid 15 Minutes • 1 of your 5 a day

Nº 15



Egg Noodle Nest



Diced Chicken Breast



Bell Pepper



Spring Onion



Lime



Green Beans



Ketjap Manis



Soy Sauce



Honey



Salted Peanuts



King Prawns



### 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.

## Before you start

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

## Cooking tools, you will need:

Kettle, Saucepan, Sieve, Frying Pan.

## Ingredients

	2P	3P	4P
Egg Noodle Nest <b>8) 13)</b>	2 nests	3 nests	4 nests
Diced Chicken Breast**	280g	420g	560g
Bell Pepper***	1	2	2
Spring Onion**	1	2	2
Lime**	½	1	1
Green Beans**	80g	150g	150g
Ketjap Manis <b>11) 13)</b>	2 sachets	3 sachets	4 sachets
Soy Sauce <b>11) 13)</b>	1 sachet	1 sachet	2 sachets
Honey	1 sachet	2 sachets	2 sachets
Salted Peanuts <b>1)</b>	25g	40g	40g
King Prawns <b>5)**</b>	150g	180g	250g

\*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
<b>for uncooked ingredient</b>	<b>413g</b>	<b>100g</b>
Energy (kJ/kcal)	1880 /449	456 /109
Fat (g)	10	2
Sat. Fat (g)	2	1
Carbohydrate (g)	48	12
Sugars (g)	26	6
Protein (g)	26	10
Salt (g)	2.92	0.71

Custom Recipe	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>486g</b>	<b>100g</b>
Energy (kJ/kcal)	2075 /496	426 /102
Fat (g)	10	2
Sat. Fat (g)	2	1
Carbohydrate (g)	48	10
Sugars (g)	26	5
Protein (g)	54	11
Salt (g)	3.91	0.80

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**1)** Peanut **5)** Crustaceans **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.

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## Cook the Noodles

- Fill and boil your kettle.
- Fill a medium saucepan with boiling **water** and bring back to the boil on high heat.
- Add the **noodles** and boil for 4 mins.
- When cooked, drain in a sieve. Return the **noodles** to the pan and refill with cold **water**. **TIP:** This will stop the noodles from sticking together.



## Stir-Fry Time

- Add the **pepper**, **green beans** and **half** the **spring onions** to the **chicken**.
- Stir-fry for another 3-4 mins.



## CUSTOM RECIPE

- If you've decided to add **prawns** to your meal, add them to the pan when you add the **green beans** etc - cook for the same amount of time. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.



## Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan or wok over high heat.
- When hot, add the **chicken** and fry, stirring occasionally, until starting to brown, 4-5 mins. **IMPORTANT:** Wash your hands after handling chicken and its packaging.



## Finish Up

- Drain the **noodles**, then add to the pan along with the **ketjap manis**, **soy sauce** and **honey**. **TIP:** If your honey has hardened, pop the unopened sachet in a bowl of hot water for 1 min.
- Add a squeeze of **lime juice** and toss everything together until piping hot and the **chicken** is cooked, another 2-3 mins. **TIP:** Add a splash of water if you feel it needs it. **IMPORTANT:** The chicken is cooked when no longer pink in the middle!



## CUSTOM RECIPE

- If you've decided to add prawns to your meal, make sure they're cooked through before serving. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



## Chop Chop

- Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Trim the **green beans** and chop into 3 pieces.
- Trim and thinly slice the **spring onions**.
- Cut the **lime** into **wedges**.



## Serve

- Add **salt** and **pepper** to taste.
- Serve the stir-fry in bowls topped with the remaining **spring onions**, **peanuts** and remaining **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.