



Stir-Fried Hoisin Chicken Noodles with Pepper, Green Beans and Cashews

Classic 25-30 Minutes • 1 of your 5 a day

1



Bell Pepper



Green Beans



Garlic Clove



Ginger



Spring Onion



Cashew Nuts



Egg Noodle Nest



Diced Chicken Thigh



Hoisin Sauce



Soy Sauce



King Prawns

Pantry Items
Honey

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

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, grater, frying pan, saucepan, sieve and bowl.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Green Beans**	80g	150g	150g
Garlic Clove**	1	2	2
Ginger**	1	2	2
Spring Onion**	1	2	2
Cashew Nuts 2)	12g	18g	25g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Diced Chicken Thigh**	210g	350g	420g
Hoisin Sauce 11)	64g	96g	128g
Soy Sauce 11) 13)	15ml	25ml	25ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	50ml	75ml	100ml
King Prawns** 5)	150g	225g	300g

*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	367g	100g
Energy (kJ/kcal)	2453 /586	668 /160
Fat (g)	15.4	4.2
Sat. Fat (g)	3.6	1.0
Carbohydrate (g)	75.5	20.6
Sugars (g)	23.8	6.5
Protein (g)	35.4	9.6
Salt (g)	3.74	1.02

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	442g	100g
Energy (kJ/kcal)	2673 /639	605 /145
Fat (g)	16.2	3.7
Sat. Fat (g)	3.8	0.86
Carbohydrate (g)	75.5	17.1
Sugars (g)	23.8	5.4
Protein (g)	47.0	10.7
Salt (g)	4.64	1.05

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nuts 5) Crustaceans 8) Egg 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Prep the Veg

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **green beans** and chop into thirds.

Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Trim and thinly slice the **spring onion**.

Heat a large frying pan on medium heat (no oil). Once hot, add the **cashews** and cook, stirring regularly, until lightly toasted, 2-3 mins. **TIP:** Watch them like a hawk as they can burn easily. Once toasted, pop into a small bowl.



Make the Hoisin Glaze

While the **chicken** and **noodles** cook, pop the **hoisin sauce, soy sauce, honey** and **water for the sauce** (see ingredients for both amounts) into a small bowl. Mix well and set aside.



Cook the Noodles and Beans

Meanwhile, bring a saucepan of **water** to the boil with $\frac{1}{4}$ **tsp salt**.

When boiling, add the **noodles** and **green beans** and bring back to the boil. Cook until tender, 4 mins.

Once cooked, drain in a sieve. **TIP:** Run the noodles and beans under cold water to stop them sticking together and to keep the veg vibrant.



Heat Things Up

Once everything has cooked, pop the **noodles, green beans** and **hoisin glaze** into the pan with the **chicken**.

Mix well to combine and cook for 2-3 mins until everything is piping hot and the **sauce** has thickened to coat the **noodles**. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.

CUSTOM RECIPE

If you've chosen to add **king prawns** to your meal, add the **sauce** to the pan, then bring to the boil. Stir in the **prawns** and cook everything for 3-4 mins instead of 2-3 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.



Stir-Fry the Chicken

Return the (now empty) frying pan to medium-high heat with a drizzle of **oil**.

Once hot, add the **chicken** and **pepper** and stir-fry until the **chicken** is golden brown and cooked through and the **pepper** has softened, 8-10 mins.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle. Stir through the **garlic** and **ginger**, then fry for 1 min.



Time to Serve

Share the **hoisin chicken noodles** between your bowls. Sprinkle over the **cashew nuts** and **spring onion** to finish.

Enjoy!