



# Sweet & Spicy Chicken Lo Mein

with Broccoli & Lime

20-Min Meal

20 Minutes · Calories: 700 · Protein: 45 g



## Ingredients 2 Person | 4 Person



8 oz | 16 oz  
Broccoli



1 tsp | 2 tsp  
Garlic Powder



1 oz | 2 oz  
Sweet Thai  
Chili Sauce



4 TBSP | 8 TBSP  
Sweet Soy  
Glaze



1 | 1  
Lime



4½ oz | 9 oz  
Lo Mein  
Noodles



½ oz | 1 oz  
Peanuts



1 tsp | 2 tsp  
Korean Chili  
Flakes



10 oz | 20 oz  
Chopped  
Chicken Breast

## Customizable Meal

If you chose to personalize your meal, refer to the separate **HelloCustom** card or scan here for instructions.



# Hello

## Lo Mein

These long egg noodles have a tender, springy texture that's perfect for stir-fries.

### Before you start

#### Do Not Disturb

Letting the chicken cook for a minute or two without stirring helps it develop delicious browned spots; stirring too much will cause it to steam instead.

### Cooking tools

medium pot, strainer, large pan

### Pantry ingredients

kosher salt, black pepper, cooking oil, butter

### Nutrition

| Nutrients           | per serving |
|---------------------|-------------|
| Calories:           | 700         |
| Total Fat:          | 20g         |
| Saturated Fat:      | 6g          |
| Sodium:             | 1370mg      |
| Total Carbohydrate: | 83g         |
| Dietary Fiber:      | 6g          |
| Added Sugars:       | 18g         |
| Protein:            | 45g         |

### Allergens

sweet soy glaze (contains: sesame, soy, wheat), lo mein noodles (contains: wheat), peanuts (contains: peanuts), butter (contains: milk)

### Cook for YOUR Crowd

Our recipes are customizable!

**Double Protein/Veggies?** Cook in batches or use a larger pan—it may take longer, so follow visual and temp cues.

**Making 3 Servings?** Lighten up on the seasoning and any other ingredients you like—this will keep the balance just right.

**Making 6 Servings?** Just triple the 2-serving recipe—easy!

For HelloCustom nutritional information, please refer to HelloFresh.com.



#### 1 Prep

- Bring a medium pot (**large pot for 4 servings**) of **salted water** to a boil. **Wash and dry produce.**
- Cut **broccoli** into bite-size pieces if necessary. Quarter **lime**. Roughly chop **peanuts**. **TIP: For added flavor, toast peanuts before chopping. Add peanuts to a large dry pan over medium-high heat. Cook, stirring often, until toasted, 2-4 minutes. Season with salt; cook, stirring, 1 minute more.**



#### 3 Cook Chicken & Broccoli

- While noodles cook, open package of **chicken\*** and drain off any excess liquid.
- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add chicken and **broccoli**; season with **garlic powder, salt, and pepper**. Cook, stirring occasionally, until chicken is browned and cooked through and broccoli is tender, 4-6 minutes. **TIP: If your broccoli isn't bright green after 2-3 minutes, cover the pan to help it cook!**
- Remove pan from heat. Add **sweet soy glaze, chili sauce, 1 TBSP butter (2 TBSP for 4 servings)**, and as many **chili flakes** as you like (**we used ½ tsp; 1 tsp for 4**); stir to combine. If sauce is too sweet, add a splash of water. Taste and season with salt and pepper, if desired.



Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, meat, poultry, fish, shellfish, or eggs. Consuming raw or undercooked pork, meat, poultry, fish, shellfish, or eggs may increase your risk of foodborne illness. Go to [hellofresh.com/about/faq](https://hellofresh.com/about/faq) for safe cooking guidelines.



#### 2 Cook Noodles

- Once water is boiling, add **noodles** to pot. Cook, stirring occasionally, until al dente, 5-7 minutes, then drain.



#### 4 Finish & Serve

- To pan with **chicken and broccoli**, add **drained noodles** and **juice from one lime wedge (two wedges for 4 servings)**; toss to coat. Taste and season with salt.
- Divide **chicken lo mein** between shallow bowls and sprinkle **chopped peanuts** on top. Serve with **any remaining lime wedges** on the side.

\*Poultry is fully cooked when internal temperature reaches 165°.

### How was your meal?

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