



Chicken & Plum Noodle Stir-Fry with Bok Choy

Rapid 20 Minutes • 1 of your 5 a day

11



Egg Noodle Nest



Diced Chicken Thigh



Plum



Bok Choy



Spring Onion



Red Chilli



Garlic Clove



Easy Ginger



Hoisin Sauce



Ketjap Manis



Salted Peanuts

Before you start

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

Cooking tools, you will need:

Saucepan, Sieve, Frying Pan and Fine Grater (or Garlic Press).

Ingredients

	2P	3P	4P
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Diced Chicken Thigh**	280g	420g	560g
Plum**	2	3	4
Bok Choy**	1	1½	2
Spring Onion**	1	2	2
Red Chilli**	½	¾	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Easy Ginger**	½ piece	¾ piece	1 piece
Hoisin Sauce 3)			
11) 13)	1 sachet	1 sachet	2 sachets
Ketjap Manis 11)			
13)	1 sachet	2 sachets	2 sachets
Salted Peanuts 1)	1 small pot	1 large pot	2 small pots

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	397g	100g
Energy (kJ/kcal)	2766 /661	698 /167
Fat (g)	22	6
Sat. Fat (g)	5	1
Carbohydrate (g)	73	18
Sugars (g)	24	6
Protein (g)	43	11
Salt (g)	2.71	0.68

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.

Contact

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Cook the Noodles

a) Bring a saucepan of **water** up to the boil with ½ 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 sticking.



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 thigh** and season with **salt** and **pepper**. Fry, stirring occasionally, until browned, 4-5 mins.



Prep

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

b) Trim the **bok choy** then thinly slice widthways.

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

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

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



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 **easy ginger** along with **half** the **spring onion** and as much **chilli** as you like.

d) Stir-fry for another minute.



Finish Up

a) Add the **bok-choy** and stir-fry until just soft, 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.*



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.