



Chicken Thigh Chow Mein

with Peppers and Green Beans

RAPID 20 Minutes • Little Heat • 1 of your 5 a day

N° 1



Bell Pepper



Green Beans



Egg Noodle Nest



Diced Chicken Thigh



Diced Chicken Breast



Ketjap Manis



Chow Mein Paste



Chow Mein Garnish



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

Basic cooking tools, you will need:

Saucepan and Frying Pan.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Green Beans**	1 small pack	1 large pack	2 small packs
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Diced Chicken Thigh**	280g	420g	560g
 Diced Chicken Breast**	280g	420g	560g
Ketjap Manis 11) 13)	1 sachet	1½ sachets	2 sachets
Chow Mein Paste 5) 7) 11) 13)	1 sachet	1½ sachets	2 sachets
Chow Mein Garnish	1 pot	1½ pots	2 pots

*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	403g	100g
Energy (kJ/kcal)	2577 /616	640 /153
Fat (g)	17	4
Sat. Fat (g)	4	1
Carbohydrate (g)	74	19
Sugars (g)	22	6
Protein (g)	41	10
Salt (g)	4.23	1.05

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	403g	100g
Energy (kJ/kcal)	2259 /540	561 /134
Fat (g)	6	2
Sat. Fat (g)	1	1
Carbohydrate (g)	74	19
Sugars (g)	22	6
Protein (g)	47	12
Salt (g)	4.23	1.05

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk 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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1. Prep the Veggies

- Fill and boil your kettle.
- Halve the **pepper** and remove the core and seeds. Slice into thin strips.
- Trim the **green beans** then chop into thirds.



4. Add the Sauce

- Lower the heat to medium, stir in the **ketjap manis**, 1 tbsp **water** per person, the **chow mein paste** and **garnish**.
- Stir-fry for 1 minute to dissolve.



2. Cook the Noodles

- Add the **noodles** to a saucepan, cover with boiling **water** and pop on medium high heat.
- Simmer until tender, 4 mins.
- Drain in a colander, drizzle with **oil** and set aside.



5. Add the Noodles

- Add the **noodles** and stir through until piping hot. **TIP:** Add a splash of water if you feel it needs loosening up.



3. Start the Stir-Fry

- Meanwhile, heat a splash of **oil** in a large frying pan on high heat.
- Add the **diced chicken**, season with **salt** and **pepper** and stir-fry until golden, 4-5 mins.
- Add the **pepper** and **green beans**. Stir-fry until the **chicken** is cooked, another 5-6 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



CUSTOM RECIPE

If you've chosen to receive **diced chicken breast** instead of diced chicken thigh, just cook it the same way the recipe tells you to cook the diced thigh in the step above, and in the rest of the recipe.



6. Serve

- Serve the **chicken chow mein** in bowls.

Enjoy!