



# Chinese-Style Chicken Noodles

with Green Beans and Pepper

Calorie Smart 30 Minutes • Under 600 Calories • 1 of your 5 a day



Bell Pepper



Green Beans



Red Chilli



Coriander



Lime



Soy Sauce



Ketchup



Honey



Egg Noodles



Diced Chicken Thigh

## Before you start

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

## Cooking tools, you will need:

Saucepan, Colander and Frying Pan.

## Ingredients

	2P	3P	4P
Bell Pepper***	1	1	2
Green Beans**	1 small pack	1 large pack	2 small packs
Red Chilli**	½	½	½
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	1	1	1
Soy Sauce <b>11) 13)</b>	1 sachet	2 sachets	2 sachets
Ketchup <b>10)</b>	1 sachet	1 sachet	2 sachets
Honey	1 sachet	2 sachets	2 sachets
Egg Noodles <b>8) 13)</b>	1 pack	1½ packs	2 packs
Diced Chicken Thigh**	280g	420g	560g

\*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	<b>447g</b>	<b>100g</b>
Energy (kJ/kcal)	2389 / 571	534 / 128
Fat (g)	15	3
Sat. Fat (g)	4	1
Carbohydrate (g)	71	16
Sugars (g)	19	4
Protein (g)	41	9
Salt (g)	2.24	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

8) Egg 10) Celery 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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## Prep

Bring a large saucepan of **water** to the boil with ¼ tsp of **salt** for the noodles. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **green beans** and chop into thirds. Halve the **chilli** lengthways, deseed then slice thinly. Roughly chop the **coriander** (stalks and all). Chop the **lime** into 4 wedges. In a small bowl combine the **soy sauce, ketchup and honey** to make a sauce.



## Fry the Veg

Lower the heat slightly and add the **peppers** and **beans**. Stir-fry until the **veggies** are soft and the **chicken** is cooked through, 5-6 mins.

**IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Cook the Noodles

Add the **noodles** to the pan of **boiling water** and cook until tender, 4 mins. Drain in a colander, return to the pan off the heat and drizzle with **oil** to stop them sticking together. Set aside.



## Finish Up

Add the **sauce** you made earlier to the pan. Drain the **noodles** again and add these into the pan too. Toss everything together to ensure everything is well coated in the **sauce** and the **noodles** are piping hot. Season to taste with **salt and pepper**.

**TIP:** Add a splash of water if it's a bit dry.



## Fry the Chicken

Meanwhile, heat a drizzle of **oil** in a large frying pan or wok over high heat. When really hot, add the **chicken**, season with **salt and pepper** and stir-fry until browned all over, 3-4 mins.



## Serve

Serve the **chicken noodles** in bowls. Scatter on the **coriander** and **chilli** (use as much as you dare!) and pop a **lime wedge** on each bowl 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.