



Hoisin Chicken Stir-Fry with Pepper & Noodles

Classic 30 Minutes • Little Heat • 1 of your 5 a day

N° 1



Diced Chicken Thigh



Vivera Plant Chicken



Chinese Five Spice



Bell Pepper



Green Beans



Red Onion



Spring Onion



Ginger



Garlic Clove



Coriander



Egg Noodle Nest



Soy Sauce



Hoisin Sauce



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

Cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Diced Chicken Thigh**	280g	420g	560g
 Vivera Plant Chicken Pieces** (11 13)	1 pack	1½ packs	2 packs
Chinese Five Spice	¼ pot	¼ pot	½ pot
Bell Pepper***	1	1	2
Green Beans**	1 small pack	1 large pack	1 large pack
Red Onion**	1	1	1
Spring Onion**	2	3	4
Ginger**	½	¾	1
Garlic Clove**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Egg Noodle Nest 8) 13)	1 nest	1½ nests	2 nests
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Hoisin Sauce 3) 11) 13)	2 sachets	3 sachets	4 sachets

*Not Included **Store in the Fridge

***Based on season the colour of your bell pepper will either be red, orange or yellow to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	474g	100g
Energy (kJ/kcal)	2579 /617	544 /130
Fat (g)	16	3
Sat. Fat (g)	4	1
Carbohydrate (g)	76	16
Sugars (g)	23	5
Protein (g)	43	9
Salt (g)	3.21	0.68

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	421g	100g
Energy (kJ/kcal)	2044 /489	485 /116
Fat (g)	3	1
Sat. Fat (g)	1	1
Carbohydrate (g)	81	19
Sugars (g)	24	6
Protein (g)	31	7
Salt (g)	4.38	1.04

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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.

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1 Marinate the Chicken

Put a large saucepan of **water** with ½ tsp of **salt** on to boil for the noodles. Pop the **diced chicken** in a mixing bowl. Sprinkle over the **Chinese five spice** (careful not to use it all, it's quite strong!), and season with salt and pepper. Mix well to coat the **chicken** then cover and set aside. **IMPORTANT: Remember to wash your hands after handling raw meat!**

 **CUSTOM RECIPE**

If you have opted for **veggie plant based chicken** instead of **diced chicken thigh**, follow the same instructions above.



4 Stir-Fry the Chicken

While the **noodles** are cooking, heat a splash of **oil** in a frying pan (or wok) over high heat. Stir-fry the **chicken** until browned, 8-10 mins. **TIP: If necessary, cook the chicken in batches to make sure the meat doesn't stew.** Once cooked, transfer the **chicken** to a bowl and set aside. **IMPORTANT: The chicken is cooked when it is no longer pink in the middle.**

 **CUSTOM RECIPE**

If you've opted for the **veggie plant based chicken** instead of the **diced chicken thigh**. Stir-fry the **veggie chicken** until browned, 6-7 mins. Then treat the **veggie plant based chicken** the same as the the recipe instructs you to cook the **normal chicken** in the step above and in the rest of the recipe. **IMPORTANT: The veggie plant based chicken is cooked when piping hot all the way through.**



2 Prep the Veggies

Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **green beans** then chop into thirds. Halve, peel and thinly slice the **red onion** into half moons. Trim the **spring onions** and thinly slice. Peel and grate the **ginger** and **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).



5 Add the Veggies

Add another splash of **oil** to your now empty pan (if it's dry) and lower the heat slightly. Add the **pepper** and **green beans** and stir-fry until starting to soften, 3-4 mins. Add the **red onion** and cook for another 2 mins, then add the **chicken** back into the pan. Add the **ginger** and **garlic** and cook for 1 minute more. Drain the **noodles** and add them to the pan along with the **soy sauce, hoisin sauce** and a splash of **water** to loosen.



3 Cook the Noodles

Add the **egg noodle nests** to the pan of boiling **water**. Stir to separate, then cook for 4 mins. Once cooked, drain in a colander, then run under cold **water** until they lose their heat. Pop them back in their pan, fill with cold **water** and set aside.



6 Finish and Serve

Toss well, to make sure all the ingredients are combined and cook for another 2 mins to ensure the **noodles** are piping hot. Finish the **stir-fry** by adding the **spring onion** and as much **coriander** as you like, then serve immediately.

Enjoy!