



Saucy Satay Chicken Noodles

with Red Pepper and Baby Corn



HELLO SOY SAUCE

Soy sauce is one of the world's oldest condiments and has been used in China for more than 2,500 years.



Soy Sauce



Cornflour



Diced Chicken Thigh



Egg Noodles



Red Pepper



Baby Corn



Spring Onion



Easy Ginger



Peanut Butter



Sweet Chilli Sauce



Light Coconut Milk



Lime



Coriander

MEAL BAG

15 mins

Rapid recipe

1.5 of your 5 a day

Little heat

16

GET PREPARED!

Fill and boil your Kettle.

BEFORE YOU START

- 🔑 Fill and boil your **Kettle**.
 - 🧼 Wash the veggies.
 - 🍴 Make sure you've got a **Mixing Bowl** and two **Large Saucepans**.
- Let's start cooking the **Saucy Satay Chicken Noodles with Red Peppers and Baby Corn**.



1 MARINATE THE CHICKEN

- Pop the **soy sauce** and **cornflour** in a mixing bowl. Stir to dissolve.
- Add the **diced chicken** and mix well to coat in the **marinade**.
- 🚨 **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



4 STIR-FRY TIME!

- Heat a splash of **oil** in another large saucepan (or wok) on high heat.
- Add the **pepper, baby corn, spring onion and easy ginger**. Stir-fry for 1 minute.
- Add the **chicken**. Fry, stirring occasionally, until lightly browned all over 3-4 mins.



2 COOK THE NOODLES

- Pour the boiling **water** from the kettle into a large saucepan. Add a pinch of **salt**. Bring back to the boil.
- Add the **noodles** and cook for 4 mins. Once cooked, drain in a sieve and return to the pan (off the heat).
- Refill the pan with cold water and set aside. ★ **TIP:** This will stop them cooking any more.



5 MAKE THE SAUCE

- Stir in the **peanut butter, sweet chilli sauce and coconut milk**.
- Bring to the boil then reduce to a simmer.
- Cook until the **chicken** is cooked through and the **sauce** has thickened slightly. 4-5 mins. ★ **TIP:** The chicken is cooked when it is no longer pink in the middle!



3 PREP THE VEGGIES

- Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Halve the **baby corn**.
- Trim the **spring onion** then slice thinly.



6 FINISH AND SERVE

- Quarter the **lime**. Roughly chop the **coriander** (stalks and all!).
- Once the **chicken** is cooked, drain the **noodles** again and add to the **sauce**. Stir together until piping hot. Add a good squeeze of **lime juice** and some **salt and pepper** as needed. Serve in bowls with a sprinkle of **coriander** on top.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Cornflour 13)	1 tsp	1½ tsp	2 tsp
Diced Chicken Thigh	210g	350g	420g
Egg Noodles 8) 13)	2 nests	3 nests	4 nests
Red Pepper	1	2	2
Baby Corn	1 pack	1 pack	2 packs
Spring Onion	1	2	2
Easy Ginger	1 sachet	1½ sachets	2 sachets
Peanut Butter 1)	1 sachet	1½ sachets	2 sachets
Sweet Chilli Sauce	½ sachet	¾ sachet	1 sachet
Light Coconut Milk	½ tin	¾ tin	1 tin
Lime	1	2	2
Coriander	1 bunch	1 bunch	1 bunch

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 469G	PER 100G
Energy (kcal)	572	122
(kJ)	2391	510
Fat (g)	18	4
Sat. Fat (g)	8	2
Carbohydrate (g)	63	13
Sugars (g)	12	3
Protein (g)	41	9
Salt (g)	3.36	0.72

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 8) Egg 11) Soya 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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