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WK30
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Sweet Chilli Chicken Stir Fry with Basil & Snow Peas

Use your noodle and choose noodles! This sumptuous stir fry is a veritable greatest hits of delicious flavours and fresh veggies. We're so excited to bring you this sweet chilli stir fry – the perfect balance of sweet and tasty. After this, we reckon you'll be losing your local takeaway's number and cooking this all the time!



Prep: 15 mins

Cook: 15 mins

Total: 30 mins



level 1



lactose
free



eat me
early

Pantry Items



Vegetable
Oil



Soy Sauce



Water



Thai Sweet Chilli
Sauce



Hokkien Noodles



Chicken Breast



Carrot



Snow Peas



Red Capsicum



Garlic



Lemon



Basil

F4

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QTY	Ingredients	
1 sachet	Thai sweet chilli sauce	
¼ cup	salt-reduced soy sauce *	
2 tbs	water *	
2 packets	hokkien noodles	
1 tbs	vegetable oil *	
2 fillets	chicken breast, cut into 2 cm thick pieces	🌿
2	carrots, peeled & sliced into 3 mm discs	🌿 ⊕
200 g	snow peas, ends trimmed	
1	red capsicum, sliced into strips	
2 cloves	garlic, peeled & crushed	⊕
1	lemon, juiced	⊕
1 bunch	basil, leaves picked	

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3180	Kj
Protein	52.6	g
Fat, total	20	g
-saturated	4.7	g
Carbohydrate	85.1	g
-sugars	13.2	g
Sodium	1140	mg



You will need: *chef's knife, chopping board, vegetable peeler, garlic crusher, kettle, small bowl, heatproof bowl, strainer, large wok or frying pan, spatula and a plate.*

1 Bring a kettle full of water to the boil. In a small bowl, combine the **Thai sweet chilli sauce**, **salt-reduced soy sauce** and the **water**. Set aside.



2 Place the **hokkien noodles** in a heatproof bowl, pour over the boiling water from the kettle and allow to soak for **1-2 minutes**, or until separated. Drain.

3 Heat the **vegetable oil** in a large wok or frying pan over a high heat. Add the **chicken breast pieces** and stir fry for **4-5 minutes**, or until golden and cooked through. Remove the chicken from the pan and place on a plate (leave any oil in the pan behind to cook the veggies in step 4).



4 Place the same wok over a high heat. Add the **carrot**, **snow peas**, **red capsicum** and **garlic**, and stir fry for **2 minutes** or until the vegetables have softened. Add the sweet chilli mixture to the wok along with the hokkien noodles and chicken. Stir fry for **1-2 minutes** or until heated through and well combined. Add the **lemon juice** and then remove from the heat and stir through the **basil leaves**.



5 To serve, divide the stir fry between bowls. Enjoy!

Did you know? Sweet chilli sauce is called nam chim kai in Thailand.