



Teriyaki Chicken and Udon Noodle Stir-Fry with Mushrooms and Mange Tout

Extra Rapid 10 Minutes • 2 of your 5 a day

22



Lime



Spring Onion



Sliced Mushrooms



Mange Tout



Pre-Pulled Chicken



Udon Noodles



Teriyaki Sauce

Before you start

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

Cooking tools, you will need:

Fine Grater and Frying Pan.

Ingredients

	2P	3P	4P
Lime**	½	¾	1
Spring Onion**	2	3	4
Sliced Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Mange Tout**	1 small pack	1 large pack	1 large pack
Pre-Pulled Chicken**	200g	300g	400g
Udon Noodles 13	2 packs	3 packs	4 packs
Teriyaki Sauce 11	2 sachets	3 sachets	4 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	436g	100g
Energy (kJ/kcal)	1933/462	443/106
Fat (g)	2	1
Sat. Fat (g)	1	1
Carbohydrate (g)	73	17
Sugars (g)	19	4
Protein (g)	38	9
Salt (g)	3.88	0.89

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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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 You can recycle me!



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2



3



Get Prepped

- Zest the **lime** and cut into wedges.
- Trim the **spring onions** then slice thinly.

Get Cooking!

- Heat a drizzle of **oil** in a large frying pan (or wok) on high heat.
- Once hot, add the **sliced mushrooms** and **mange tout** and stir-fry until soft and golden, 3-4 mins.
- Add the **pre-cooked chicken** and continue to stir-fry for 2 minutes.
- Add the **udon noodles**, breaking up with a wooden spoon or tongs to separate them.
- Add the **teriyaki sauce** with a splash of **water** and continue to stir-fry until everything is piping hot, 1-2 minutes.

Serve

- Stir the **lime zest** through the **noodles**.
- Divide between plates and top with the **spring onion**.
- Serve with the **lime wedges** alongside to squeeze 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.