

Sweet Chilli Chicken and Noodle

Stir-fry

hellóchef

An Asian feast for the whole family to enjoy!

Cals 859 • Prot 54 • Carbs 115 • Fat 20

hellochef.com • 04-825-44-00 • hello@hellochef.com



🕒 cook: 30 min

R2787

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

| Stir-fry | 2 ppl | 3 ppl | 4 ppl | |
|-------------------------------------------------------------------|-------|-------|-------|-------|
| Red pepper | 1 | 1 | 2 | Piece |
| Carrot | 1 | 2 | 2 | Piece |
| Sugar snap peas | 100 | 150 | 200 | Grams |
| Spring onion | 40 | 60 | 80 | Grams |
| Soy sauce 9* , 10* , 11* | 30 | 40 | 60 | ML |
| Brown sugar | 10 | 15 | 20 | Grams |
| Oyster sauce 8* , 10* | 20 | 30 | 40 | Grams |
| Salt | 0.5 | 0.5 | 1 | Tsp |
| Wheat noodles 10* , 11* | 200 | 200 | 400 | Grams |
| Vegetable oil | 2 | 3 | 4 | Tbsp |
| Water | 50 | 75 | 100 | ML |
| Chicken stock cube 4* , 5* , 9* , 15* | 1 | 1 | 1 | Piece |
| Salted peanuts 1* | 40 | 60 | 80 | Grams |
| Black pepper | 0.5 | 0.5 | 1 | Tsp |
| Pulled chicken | | | | |
| Chicken breast | 300 | 500 | 600 | Grams |
| Vegetable oil | 1 | 2 | 2 | Tbsp |
| Salt | 1 | 1 | 2 | Tsp |
| Water | 50 | 75 | 100 | ML |
| Chilli powder | 2 | 4 | 4 | Grams |
| Sweet chilli sauce | 40 | 60 | 80 | ML |
| To serve | | | | |
| Lime | 1 | 2 | 2 | Piece |
| Sesame oil 3* , 9* | 15 | 22 | 30 | ML |

Allergens

***9** Soya, ***10** Wheat, ***11** Gluten, ***8** Molluscs, ***4** Milk, ***5** Eggs, ***15** Celery, ***1** Peanuts, ***3** Sesame Seeds

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts**, **Tree Nuts**, **Sesame Seeds**, **Milk**, **Eggs**, **Fish**, **Crustaceans**, **Molluscs**, **Soya**, **Wheat**, **Gluten**, **Lupin**, **Mustard**, **Sulphur Dioxide** and **Celery**.

| Nutritional information | Per Serving* |
|-------------------------|--------------|
| Energy (kJ/kcal) | 3593 / 859 |
| Fat (g) | 20.2 |
| of which saturates (g) | 3.6 |
| Carbohydrate (g) | 115 |
| of which sugars (g) | 26.5 |
| Fiber (g) | 12.4 |
| Protein (g) | 53.5 |
| Salt (g) | 15.3 |

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Fry chicken

Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **chicken** with a pinch of **salt** and cook for 3 min on each side until golden. Add the **measured water** and cover the pan with a lid. Reduce the heat to low and cook for 10 min.

Tip! Don't feel like pulling the chicken? Cut the chicken into strips before frying.



2 Prep vegetables

Meanwhile, de-seed and finely slice the **pepper**. Peel and chop the **carrot** into matchsticks. Trim the **sugar snap peas** and halve each one on the diagonal. Slice the **spring onion** into thin sticks. In a small bowl, combine the **soy sauce**, **brown sugar** and **oyster sauce**. Mix until the **sugar** has fully dissolved.



3 Pull chicken

Once the **chicken** is cooked, drain any excess water. Using two forks, pull the **chicken** and add a pinch of **chilli powder (spicy!)** and **sweet chilli sauce**. Cook for 1 min further. Cover to keep warm.



4 Boil noodles

Bring a pot of salted water to the boil. Once boiling, add the **noodles** and cook for 4 min. Once tender, drain and run under cold water to keep the **noodles** from sticking together, then submerge in cold water. Set aside.



5 Stir-fry

Meanwhile, heat a second pan over a high heat with a drizzle of **vegetable oil**. Stir-fry the **pepper** and **carrot** for 2 min. Add the **sugar snap peas** and **spring onion**, and fry for 1 min further. Add the **sugar soy mix**, **water** and {0.5/0.5/1} **stock cube** stir for 1 min or until dissolved. Add the drained **noodles** and **peanuts**, and cook for a final 1 min. Season with **salt** and **pepper** to taste.



6 Serve

Slice the **lime** into wedges. Divide the stir-fry among plates and top with the **pulled chicken**. Add a squeeze of **lime** juice and the **sesame oil**. Garnish with any remaining **lime** wedges.