



Stir-fried Chicken Noodles

with broccolini and bell pepper

Calorie Smart 30-35 mins

11



Diced Chicken Breast



Garlic



Ginger



Scallion



Cashew Nuts



Bell Pepper



Egg Noodles



Broccolini



Teriyaki Sauce

Pantry Items: Oil, Salt, Pepper, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pan with lid, sieve

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Garlic	1 unit	2 units
Ginger	1 unit	2 units
Scallion	2 units	4 units
Cashew Nuts	10 g	20 g
Bell Pepper	1 unit	2 units
Egg Noodles	150 g	300 g
Broccolini	75 g	150 g
Teriyaki Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	422.5 g	100 g
Energy (kJ/kcal)	2456 kJ/ 587 kcal	581.3 kJ/ 138.9 kcal
Fat (g)	10.8 g	2.6 g
Sat. Fat (g)	1.4 g	0.3 g
Carbohydrate (g)	79.4 g	18.8 g
Sugars (g)	17.7 g	4.2 g
Protein (g)	45.1 g	10.7 g
Salt (g)	3.2 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

Contact

Thumbs up or thumbs down?
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Cook the Noodles

- Boil a large pot of **water** for the **noodles**.
- Add the **noodles** to the boiling **water**, lower heat to medium-high and cook until softened, 4-6 mins.
- Once cooked, drain in a sieve and pop back in the pot.
- Drizzle with **oil** and stir through to prevent sticking.



Cook the Veg

- Return the pan to medium heat with a drizzle of **oil**.
- Add the **broccolini** and **bell pepper** and cook until starting to char, 2-3 mins.
- Add a splash of **water** and immediately cover with a lid or some foil.
- Cook until tender, 4-5 mins.



Get Prepped

- Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Trim the bottom of the **broccolini**.
- Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**.
- Place a large pan over medium heat (without oil).
- Once hot, dry-fry the **cashews** until lightly toasted, stirring regularly, 1-2 mins. Remove from the pan and set aside.



Stir in the Sauce

- Stir in the **garlic** and **ginger**. Cook until fragrant, 1-2 mins.
- Once fragrant, add the **noodles**, **teriyaki sauce** and 75ml **water** (double for 4p) to the pan.
- Mix well to combine and cook until the sauce has thickened slightly, 2-3 mins.
- Add the **chicken** back into the pan and stir to coat in the sauce.
- Taste and season with **salt** and **pepper** if required.

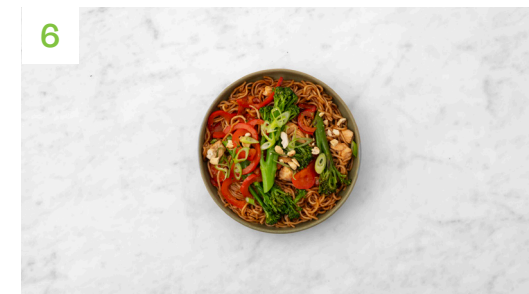
TIP: Add a splash more water if the noodles are a little dry.



Fry the Chicken

- Return the pan to medium-high heat with a drizzle of **oil**.
- Once hot, fry the **chicken** until golden outside and cooked through, 8-10 mins. **IMPORTANT:** Wash hands after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.
- Once cooked, remove from the pan and cover to keep warm.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to vacuum packing we use to keep it fresh.



Garnish and Serve

- Trim the **scallion** and thinly slice.
- Share the **chicken noodle** stir-fry between bowls.
- Sprinkle over the toasted **cashews** and sliced **scallion**.

Enjoy!