



Garlic and Mushroom Chicken Noodles

with crunchy peanuts

Family Quick Cook 20 – 25 mins

19



Diced Chicken Breast



Garlic



Mushrooms



Green Beans



Peanuts



Lemon



Coriander



Curry Powder



Ketjap Manis



Egg Noodles



Miso Paste

Pantry Items: Salt, Oil, Pepper, Water



Rate your recipe!

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, sieve

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Garlic	2 units	4 units
Mushrooms	150 g	250 g
Green Beans	75 g	150 g
Peanuts	20 g	40 g
Lemon	1 unit	2 units
Coriander	5 g	10 g
Curry Powder	1 sachet	2 sachets
Ketjap Manis	2 sachets	4 sachets
Egg Noodles	150 g	300 g
Miso Paste	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	457 g	100 g
Energy (kJ/kcal)	2749 kJ/ 657 kcal	602 kJ/ 144 kcal
Fat (g)	13.8 g	3 g
Sat. Fat (g)	2.2 g	0.5 g
Carbohydrate (g)	83.9 g	18.4 g
Sugars (g)	20.2 g	4.4 g
Protein (g)	52.5 g	11.5 g
Salt (g)	7.3 g	1.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

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

Share your creations with
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



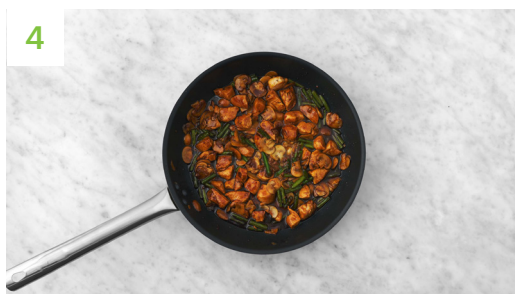
You can recycle me!



Boil the Noodles

- Boil a large pot of **salted water** for the **egg noodles**.
- When the **water** is boiling, add the **noodles** and bring back to the boil.
- Cook until softened, 4-6 mins.
- Drain in a sieve and return to the pot, off the heat.
- Drizzle with **oil** and toss to prevent sticking.

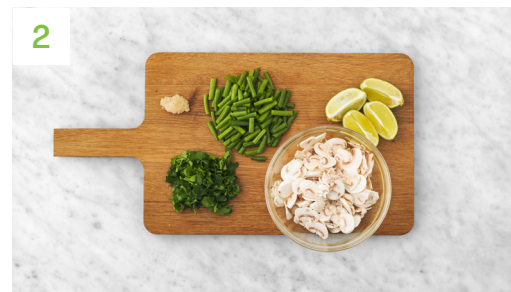
TIP: *If you're in a hurry you can boil the water in your kettle.*



Add Some Spice

- Add the **curry powder** and **garlic** and fry until fragrant, 1 min. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Remove the pan from the heat and stir in the **miso paste** and **ketjap manis**.

TIP: *Add a splash of water if the sauce is too thick.*



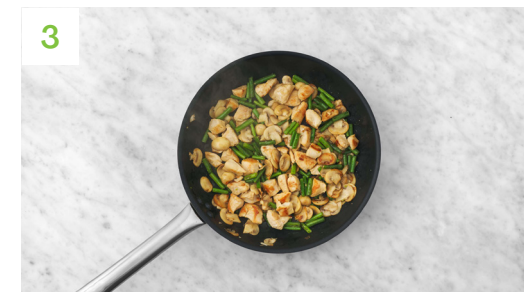
Prep the Veg

- Trim the **green beans** and chop into thirds.
- Roughly chop the **mushrooms**.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **coriander** (stalks and all).
- Quarter the **lemon**.



Coat the Noodles

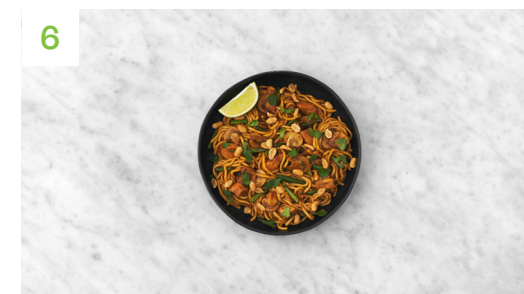
- Add the drained **noodles** to the pan and stir to coat.
- Add a squeeze of **lemon** juice.
- Season to taste with **salt** and **pepper**.



Time to Fry

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** and **mushrooms**. Season with **salt** and **pepper**.
- Fry until **chicken** is golden on the outside and cooked through, 6-8 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Add the **green beans** and fry for 4-5 mins.

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



Finish and Serve

- Divide the **noodles** between bowls.
- Top with the **peanuts** and chopped **coriander**.
- Serve remaining **lemon** wedges alongside.

Enjoy!