



# Umami Asian Chicken Noodles

with bell pepper and scallion

Family Quick Cook 20 – 25 mins

19



Diced Chicken Breast



Peanut Butter



Scallion



Soy Sauce



Garlic



Pak Choi



Bell Pepper



Apple Cider Vinegar



Sweet Asian Sauce



Egg Noodles



Miso Paste

Pantry Items: Salt, Pepper, Water, Oil



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## 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
Peanut Butter	1 sachet	2 sachets
Scallion	2 units	4 units
Soy Sauce	1 sachet	2 sachets
Garlic	2 units	4 units
Pak Choi	1 unit	2 units
Bell Pepper	1 unit	2 units
Apple Cider Vinegar	1 sachet	2 sachets
Sweet Asian Sauce	1 sachet	2 sachets
Egg Noodles	150 g	300 g
Miso Paste	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>427.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2548.1 kJ/ 609 kcal	596 kJ/ 142.5 kcal
Fat (g)	14.4 g	3.4 g
Sat. Fat (g)	2 g	0.5 g
Carbohydrate (g)	71.7 g	16.8 g
Sugars (g)	14.1 g	3.3 g
Protein (g)	48.6 g	11.4 g
Salt (g)	3.8 g	0.9 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.

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## Get Prepped

- Boil a large pot of **salted water** for the **egg noodles**.
- Trim and thinly slice the **scallion**.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Trim the **pak choy** then thinly slice widthways.

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



## Make the Sauce

- Meanwhile, to a bowl add the **sweet Asian sauce**, **miso paste**, **apple cider vinegar**, **soy sauce**, **peanut butter** and 25ml **water** (double for 4p).
- Mix well to combine.



## Boil the Noodles

- When the **water** is boiling, add the **noodles** and cook until softened, 4-6 mins.
- Drain in a sieve then return to the pot, off the heat.
- Drizzle with **oil** and toss to prevent sticking.



## Finishing Touches

- Add the sauce to the pan along with the **pak choy**.
- Cook until the **pak choy** is wilted, 2-3 mins.
- Add a splash of **water** to loosen the sauce if necessary.
- Add the drained **noodles** and mix well to coat in the sauce.
- Taste and season with **salt** and **pepper**, if required.



## Fry the Chicken

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken**, **bell pepper** and **garlic**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.
- Fry until **chicken** is golden brown and cooked through, 8-10 mins.

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



## Garnish and Serve

- Divide your flavourful **chicken noodles** between bowls.
- Garnish with a scattering of **scallion**.

**Enjoy!**