



# Stir-fried Teriyaki Chicken Noodles

with broccolini and bell pepper

Family Quick Cook 20 – 25 mins

23



Diced Chicken Breast



Bell Pepper



Ginger



Scallion



Egg Noodles



Broccolini



Teriyaki Sauce



Thai Style Spice Mix

Pantry Items: Oil, Salt, Pepper, Water



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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, pan with lid, sieve

## Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Bell Pepper	1 unit	2 units
Ginger	1 unit	2 units
Scallion	1 unit	2 units
Egg Noodles	150 g	300 g
Broccoli	75 g	150 g
Teriyaki Sauce	2 sachets	4 sachets
Thai Style Spice Mix	2 sachets	4 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	426.5 g	100 g
Energy (kJ/kcal)	2623.4 kJ/ 627 kcal	615.1 kJ/ 147 kcal
Fat (g)	10.5 g	2.5 g
Sat. Fat (g)	1 g	0.2 g
Carbohydrate (g)	88.4 g	20.7 g
Sugars (g)	27.9 g	6.5 g
Protein (g)	45.3 g	10.6 g
Salt (g)	6.2 g	1.5 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

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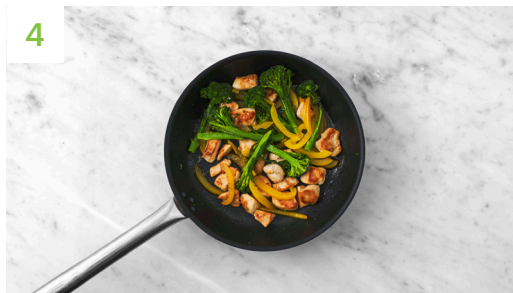


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### Cook the Noodles

- Boil a large pot of **salted water** for the **noodles**.
- Add the **noodles** to the boiling **water**.
- Cook until softened, 4-6 mins.
- Once cooked, drain in a sieve and return to the pot, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.



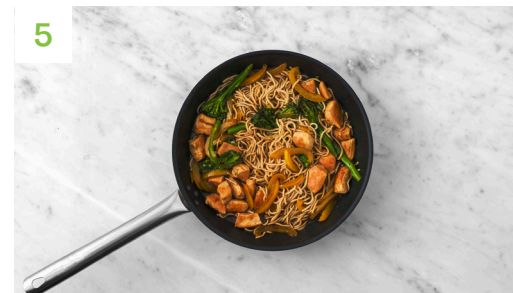
### Soften the Veg

- Add 150ml **water** (double for 4p) to the pan and immediately cover with a lid or some foil.
- Simmer until veg is tender and **chicken** is cooked through, 4-5 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- While the veg cooks, trim and thinly slice the **scallion**.



### Get Prepped

- Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Halve the **broccoli** lengthways.
- Peel and grate the **ginger** (use a spoon to easily scrape away the peel).



### Stir in the Sauce

- Remove the pan from the heat and stir in the **teriyaki sauce**.
- Mix well to ensure everything is coated.
- Season to taste with **salt** and **pepper**, if required.
- Stir through the **noodles** making sure to coat well with the sauce.

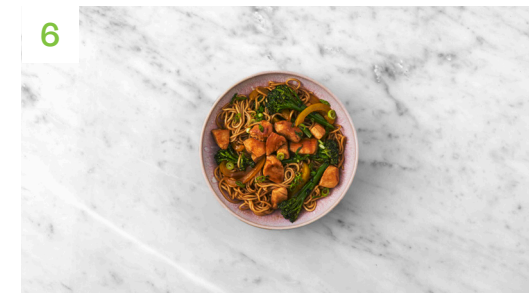
**TIP:** Add a splash of water if you feel the noodles are too dry.



### Fry the Chicken

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **chicken** and **bell pepper** until **chicken** is browned, stirring occasionally, 6-8 mins. **IMPORTANT:** Wash hands after handling raw chicken and its packaging.
- Season with **salt** and **pepper**.
- Add **Thai spice**, **broccoli** and **ginger**. Cook until starting to char, 2-3 mins.

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



### Garnish and Serve

- Share the **chicken noodle** stir-fry between bowls.
- Scatter the sliced **scallion** over the top.

**Enjoy!**