



Stir-fried Teriyaki Chicken Noodles

with broccolini and bell pepper

20 – 25 mins

23



Diced Chicken Breast



Bell Pepper



Ginger



Scallion



Egg Noodles



Broccolini



Teriyaki Sauce



Thai Style Spice Mix



Sweet Asian Sauce

Pantry Items: Oil, Salt, 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, 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
Broccolini	75 g	150 g
Teriyaki Sauce	1 sachet	2 sachets
Thai Style Spice Mix	2 sachets	4 sachets
Sweet Asian Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	406.5 g	100 g
Energy (kJ/kcal)	2442 kJ/ 584 kcal	601 kJ/ 144 kcal
Fat (g)	8.8 g	2.2 g
Sat. Fat (g)	1 g	0.3 g
Carbohydrate (g)	82.4 g	20.3 g
Sugars (g)	23 g	5.7 g
Protein (g)	47.1 g	11.6 g
Salt (g)	4.2 g	1 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.

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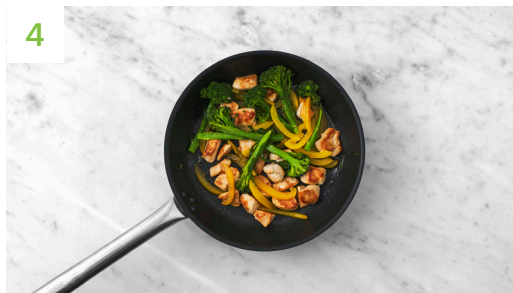


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Cook the Noodles

- 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.



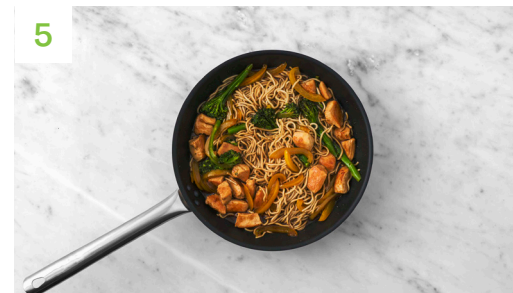
Soften the Veg

- 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 **broccolini** 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 **sweet Asian sauce** and **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.

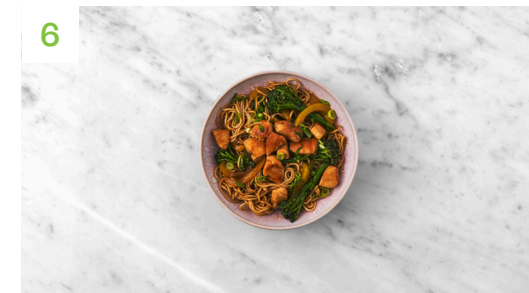
TIP: Add a splash of water if you feel the noodles are too dry.



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**, **broccolini** 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!



Teriyaki Tofu Bulgur Bowl

with smashed cucumber and pickled radish

30 – 35 mins • Veggie • Optional spice

24



Teriyaki Sauce



Chilli



Bulgur Wheat



Apple Cider Vinegar



Sesame Seeds



Soy Sauce



Garlic, Ginger & Lemongrass Paste



Cucumber



Radish



Tofu

Pantry Items: Sugar, Salt, Pepper, Oil, 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

Pot with lid

Ingredients

	2P	4P
Teriyaki Sauce	1 sachet	2 sachets
Chilli	1 unit	2 units
Bulgur Wheat	120 g	240 g
Apple Cider Vinegar	2 sachets	4 sachets
Sesame Seeds	1 sachet	2 sachets
Soy Sauce	1 sachet	2 sachets
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Cucumber	2 units	4 units
Radish	125 g	250 g
Tofu	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	437.1 g	100 g
Energy (kJ/kcal)	2133.8 kJ/ 510 kcal	488.2 kJ/ 116.7 kcal
Fat (g)	15.2 g	3.5 g
Sat. Fat (g)	3 g	0.7 g
Carbohydrate (g)	69.1 g	15.8 g
Sugars (g)	17.3 g	4 g
Protein (g)	52.9 g	12.1 g
Salt (g)	5.5 g	1.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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Pickle the Radish

- Trim and thinly slice the **radish**.
- Pop into a small bowl along with 1 tsp **sugar**, ¼ tsp **salt** (double both for 4p) and **half the apple cider vinegar**.
- Mix together and set aside, continuing to stir frequently.



Smash the Cucumber

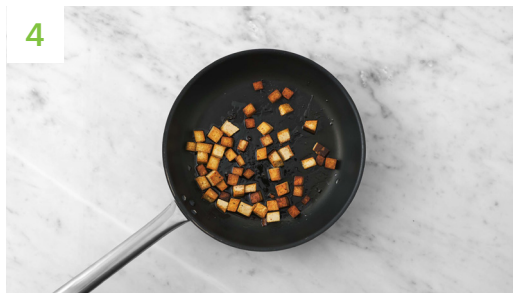
- Trim the **cucumber** then halve lengthways. Bash each **half** with the bottom of a pot or pan. Thinly slice widthways.
- In a separate bowl, toss the smashed **cucumber** with the **soy sauce**, remaining **apple cider vinegar** and 1 tsp **sugar** (double for 4p).
- Set aside, continuing to stir occasionally.



Boil the Bulgur

- Place a pot over medium-high heat with a drizzle of **oil**.
- Add the **lemongrass paste** and cook until fragrant, 30 secs.
- Pour in 240ml **salted water** (double for 4p) and bring to the boil.
- Stir in the **bulgur**, bring back to the boil and simmer for 1 min.
- Pop a lid on the pot and remove from the heat. Leave aside for 12-15 mins (or until ready to serve).

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



Cook the Tofu

- Drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper.
- Halve the **chilli** and discard the core and seeds. Finely chop.
- Place a pan over high heat with a good glug of **oil**.
- Once hot, fry the **tofu** until slightly crispy, 6-8 mins. Shift frequently to ensure it doesn't burn.



Add the Teriyaki

- Remove the pan from the heat and drain off any excess **oil**.
- Stir in the **teriyaki sauce**, **half the sesame seeds** and **chilli** (use less if you don't like spice).
- Add a splash of **water** to loosen the sauce if you feel it's too thick. Taste and season with **salt** and **pepper**, if required.



Assemble and Serve

- Fluff up the **bulgur** with a fork and divide between bowls.
- Drain the pickling liquids from the **radish** and **cucumber**.
- Arrange the teriyaki **tofu**, **cucumber** and **radish** on top of the **bulgur**.
- Finish with a sprinkling of the remaining **sesame seeds**.

Enjoy!



Speedy Turkey Bolognese

with cheese and cherry tomatoes

20 – 25 mins

25



Turkey Mince



Grated Cheese



Onion



Cherry Tomatoes



Carrot



Parsley



Dried Linguine



Chopped Tomato with Onion & Garlic



Worcester Sauce



Red Wine Jus

Pantry Items: Sugar, Oil, Water, Salt, Pepper, Butter



Rate your recipe!

Before you start

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

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Cooking tools you will need

Colander, grater, pan with lid

Ingredients

	2P	4P
Turkey Mince	250 g	500 g
Grated Cheese	50 g	100 g
Onion	1 unit	2 units
Cherry Tomatoes	125 g	250 g
Carrot	1 unit	2 units
Parsley	5 g	10 g
Dried Linguine	180 g	360 g
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Worcester Sauce	1 sachet	2 sachets
Red Wine Jus	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	673 g	100 g
Energy (kJ/kcal)	3100.3 kJ/ 741 kcal	460.7 kJ/ 110.1 kcal
Fat (g)	14.2 g	2.1 g
Sat. Fat (g)	7.3 g	1.1 g
Carbohydrate (g)	98.3 g	14.6 g
Sugars (g)	24.5 g	3.6 g
Protein (g)	54.9 g	8.2 g
Salt (g)	3.4 g	0.5 g

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Allergens

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1 Make the Pasta

- Boil a large pot of **salted water** for the **linguine**.
- When boiling, add the **linguine** to the **water** and bring back to the boil.
- Cook until softened, 10-12 mins.
- Once cooked, drain in a colander and pop back in the pot (off the heat).
- Drizzle with **oil** and stir through to prevent sticking.

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



2 Prep the Veg

- Meanwhile, halve, peel and thinly slice the **onion**.
- Trim and coarsely grate the **carrot**.
- Halve the **tomatoes**.
- Roughly chop the **parsley** (stalks and all).



3 Cook the Mince

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion**, **carrot** and **turkey mince**.
- Fry until the **mince** is browned, 5-6 mins.
- Season with **salt** and **pepper**. Use a spoon to break up the **mince** as it cooks. **IMPORTANT:** Wash hands and equipment after handling raw mince.



4 Simmer the Sauce

- Once the **mince** is browned, add **cherry tomatoes**, **chopped tomatoes**, **red wine jus**, **Worcester sauce** and ½ tsp **sugar** (double for 4p) to the pan.
- Stir everything together and simmer until slightly reduced, 5-6 mins. **IMPORTANT:** Mince is cooked when no longer pink in the middle.
- Season to taste with **salt** and **pepper**. Stir through a knob of **butter**.

TIP: Loosen the sauce with a splash of water if you feel it's too thick!



5 Finishing Touches

- Stir the cooked **pasta** and **half** the **parsley** into the sauce.
- Sprinkle the **cheese** over the **pasta**.
- Cover and cook until the **cheese** is slightly melted, 1 min.



6 Garnish and Serve

- Divide the cheesy **linguine bolognese** between bowls.
- Garnish with a sprinkling of the remaining **parsley**.

Enjoy!