



CHICKEN AND NOODLE STIR-FRY

with Chinese Five Spice, Bell Peppers and Broccoli



HELLO

CHINESE FIVE SPICE

A mixture of five or more spices used primarily in Chinese cuisine

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 696



Chicken, strips



Green Onion



Garlic



Long Red Chili



Chinese Five Spice Blend



Red Onion, sliced



Broccoli



Stir-Fry Noodles



Stir-Fry Sauce

BUST OUT

- Large Non-Stick Pan
- Pepper
- Measuring Cups
- Olive or Canola oil
- Salt

INGREDIENTS

2-person | 4-person

- Chicken, strips 1 pkg (340 g) | 2 pkg (680 g)
- Green Onion 2 | 4
- Garlic 1 pkg (10 g) | 2 pkg (20 g)
- Long Red Chili 1 | 2
- Chinese Five Spice Blend 1 pkg (1 1/2 tsp) | 2 pkg (3 tsp)
- Red Onion, sliced 1 pkg (56 g) | 2 pkg (113 g)
- Broccoli 1 pkg (227 g) | 2 pkg (454 g)
- Stir-Fry Noodles 1 1 pkg (350 g) | 2 pkg (700 g)
- Stir-Fry Sauce 1,4,8 1 pkg (6 tbsp) | 2 pkg (12 tbsp)

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 5 Tree Nut/Noix
- 1 Wheat/Blé
- 6 Mustard/Moutarde
- 2 Milk/Lait
- 7 Peanut/Cacahuète
- 3 Egg/Oeuf
- 8 Sesame/Sésame
- 4 Soy/Soja
- 9 Sulphites/Sulfites

START STRONG

One of the best things about stir-fries is how quickly it comes together. Having all your ingredients prepped and ready to go is the key to speedy cooking!



1 PREP Wash and dry all produce. Thinly slice the **green onions**. Mince or grate the **garlic**. Finely chop the **chili** (if using), removing the seeds for less heat.



2 COOK CHICKEN Pat the **chicken** dry with paper-towels. Season with the **spice blend**, **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the chicken. Cook until the chicken is golden-brown, 5-6 min. Transfer the chicken to a plate.



3 COOK VEGGIES Add another drizzle of **oil** to the pan, then the **red onions**, **garlic** and **broccoli**. Cook, stirring occasionally, until the broccoli is tender-crisp, 4-5 min.



4 COOK NOODLES Add the **noodles** and **1/3 cup water** (double for 4 people) to the **veggies**. Cook, stirring often, until the noodles are warmed through, 1-2 min. Add the **stir-fry sauce** and **chicken**.



5 FINISH AND SERVE Divide the **chicken** and **noodles** between plates. Sprinkle with **green onions** and as much **chili** as you like.

SAUCY!

In Asia, it's considered rude not to slurp your noodles, so slurp away.