



Bulgogi King Prawn Noodles

with Pak Choi and Carrot Ribbons

28

Calorie Smart 20-25 Minutes • 2 of your 5 a day • Under 650 Calories



Egg Noodle Nest



Pak Choi



Garlic Clove



Lime



Carrot



King Prawns



Bulgogi Sauce



King Prawns

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Saucepan, sieve, garlic press, peeler and frying pan.

Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest 8 13)	2 nests	3 nests	4 nests
Pak Choi**	1	1½	2
Garlic Clove**	2	3	4
Lime**	1	1	2
Carrot**	1	2	2
King Prawns** 5)	150g	225g	300g
Bulgogi Sauce 11)	150g	225g	300g
King Prawns** 5)	150g	225g	300g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	402g	100g	477g	100g
Energy (kJ/kcal)	1908 / 456	475 / 113	2057 / 496	435 / 104
Fat (g)	5.6	1.4	6.0	1.3
Sat. Fat (g)	1.0	0.2	1.2	0.2
Carbohydrate (g)	80.2	20.0	80.2	16.8
Sugars (g)	28.8	7.2	28.8	6.0
Protein (g)	19.2	4.8	28.1	5.9
Salt (g)	3.38	0.84	4.4	0.92

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

5 Crustaceans **8** Egg **11** Soya **13** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Ooodles of Noodles

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **noodles**.

When boiling, add the **noodles** to the **water** and cook until tender, 4 mins.

Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Prep Time

Meanwhile, trim the **pak choi**, then thinly slice widthways.

Peel and grate the **garlic** (or use a garlic press). Cut the **lime** into wedges.

Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

Drain the **prawns**. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.

CUSTOM RECIPE

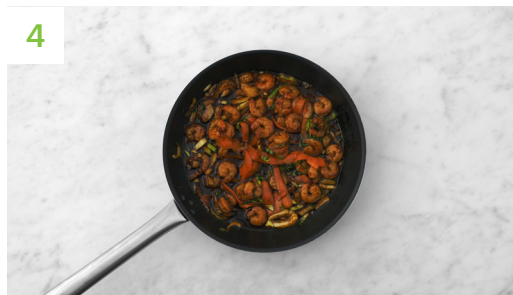
If you've chosen to double up on **king prawns**, cook the recipe in the same way.



Stir-Fry the Garlic

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **garlic** and stir-fry until fragrant, 30 secs.

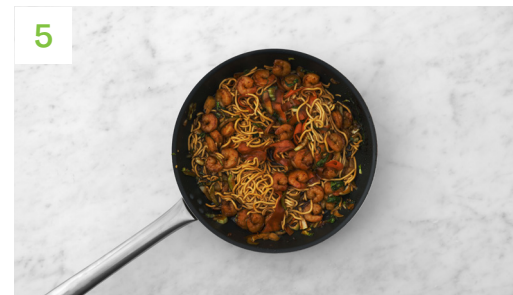


Flavour Town

Stir the **bulgogi sauce** and **water for the sauce** (see pantry for amount) into the **garlic**, then bring to the boil.

Stir in the **prawns** and cook for another 3-4 mins.

Next, add the **carrot ribbons** and **pak choi** to the pan. Simmer until the **prawns** are cooked through and the **veg** is tender, 2-3 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.

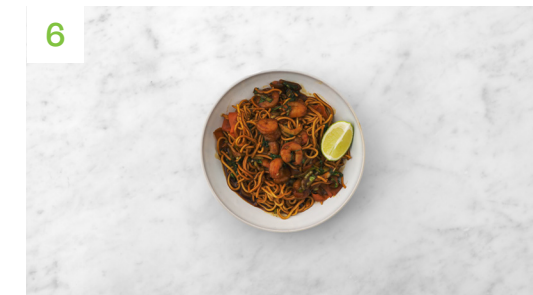


Noodle Time

Once the **prawns** are cooked, add the **noodles** and a squeeze of **lime juice** to the **sauce**.

Toss to coat the **noodles** in the **sauce**, stirring frequently until everything is piping hot, 1-2 mins.

Taste and add more **salt**, **pepper** and **lime juice** if needed. Add a splash of **water** if you feel it needs it.



Serve Up

Share the **bulgogi prawn noodles** between your bowls.

Serve any remaining **lime wedges** alongside for squeezing over.

Enjoy!