



Sesame Gochujang Veggie Noodles

with Mushrooms, Sugar Snaps and Peanuts

Super Quick 15 Minutes • **Mild Spice** • 2 of your 5 a day

4



Sesame Oil



Sliced Mushrooms



Egg Noodle Nest



Coleslaw Mix



Sugar Snap Peas



Gochujang Paste



Ketjap Manis



Soy Sauce



Honey



Salted Peanuts

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Kettle, frying pan and saucepan.

Ingredients

Ingredients	2P	3P	4P
Sesame Oil 3)	20ml	30ml	40ml
Sliced Mushrooms**	120g	180g	240g
Egg Noodle Nest 8) 13)	125g	187g	250g
Coleslaw Mix**	120g	240g	240g
Sugar Snap Peas**	80g	150g	150g
Gochujang Paste 11)	30g	50g	60g
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11) 13)	15ml	25ml	30ml
Honey	15g	22g	30g
Salted Peanuts 1)	40g	65g	80g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	308g	100g
Energy (kJ/kcal)	2507 /599	813 /194
Fat (g)	21.6	7.0
Sat. Fat (g)	4.0	1.3
Carbohydrate (g)	82.2	26.7
Sugars (g)	30.8	10.0
Protein (g)	18.1	5.9
Salt (g)	5.15	1.67

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

1) Peanut **3)** Sesame **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.


SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Get Frying

- Boil a full kettle.
- Heat the **sesame oil** in a frying pan on high heat.
- Fry the **mushrooms**, 5-6 mins. Season with **salt** and **pepper**.



Noodle Time

- Pour the **boiled water** into a saucepan with $\frac{1}{2}$ **tsp salt**.
- Boil the **noodles**, 4 mins.
- Once cooked, drain and run under **cold water**.



Flavour Town

- Add the **coleslaw** and **sugar snap peas** to the **mushrooms**. Fry, 3-4 mins.
- Stir through the **gochujang** (add less if you'd prefer things milder), **ketjap**, **soy**, **honey** and a splash of **water**. **TIP:** Pop hardened honey into hot water for 1 min.
- Bring to the boil.
- Add the **cooked noodles**. Toss to combine, 1 min.



Dinner's Ready!

- Serve your **noodles** in bowls.
- Sprinkle over the **peanuts** to finish.

Enjoy!