



Fragrant Lamb Noodle Stir-Fry

with Mushrooms, Carrot and Lime

Calorie Smart

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

25



Carrot



Red Onion



Egg Noodle Nest



Lamb Mince



Indonesian Style Spice Mix



Sliced Mushrooms



Lime



Ginger & Lemongrass Puree



Ketjap Manis



Soy Sauce

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, saucepan and sieve.

Ingredients

Ingredients	2P	3P	4P
Carrot**	1	1½	2
Red Onion	1	1½	2
Egg Noodle Nest 8 13	125g	187g	250g
Lamb Mince**	200g	300g	400g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Sliced Mushrooms**	120g	180g	240g
Lime**	1	1	1
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Ketjap Manis 11	50g	75g	100g
Soy Sauce 11 13	25ml	40ml	50ml
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	486g	100g
Energy (kJ/kcal)	2435 /582	501 /120
Fat (g)	15.6	3.2
Sat. Fat (g)	6.9	1.4
Carbohydrate (g)	78.9	16.2
Sugars (g)	24.8	5.1
Protein (g)	32.0	6.6
Salt (g)	5.65	1.16

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

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, mollusc, 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.


HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Get Frying

- Boil a full kettle.
- Trim the **carrot**, then halve lengthways (no need to peel). Slice widthways into pieces about ½ cm thick.
- Halve, peel and thinly slice the **red onion**.
- Heat a drizzle of **oil** in a large frying pan on high heat. Add the **carrot** and stir-fry, 2-3 mins.



Flavour Town

- Meanwhile, halve and cut the **lime** into wedges.
- Add the **garlic, ginger & lemongrass puree** to the pan and stir-fry for 1-2 mins.
- Stir in the **ketjap manis, soy sauce** and **water for the sauce** (see pantry for amount). Simmer until thickened, 2-3 mins.



Cook the Noodles

- Meanwhile, pour the **boiled water** into a medium saucepan with ½ **tsp salt** and bring to a boil.
- Add the **noodles** and cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



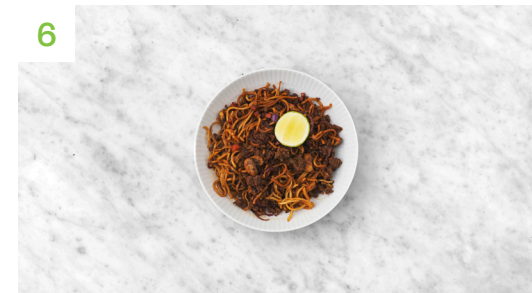
Finishing Touches

- Add the **cooked noodles** to the pan and toss through the **sauce**.
- Remove from the heat and add a good squeeze of **lime juice**.
- Taste and season with **salt, pepper** and more **lime juice** if needed. Add a splash of **water** if it's a little too thick.



Build your Stir-Fry

- Reduce the heat of the frying pan to medium-high and add the **lamb mince, Indonesian style spice mix, sliced onion** and **mushrooms**. Cook until browned, 8-10 mins.
- Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT: Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.**



Serve Up

- Share your **lamb noodles** between bowls.
- Serve with any remaining **lime wedges** for squeezing over.

Enjoy!