



Bulgogi King Prawn Noodles

with Lime, Green Beans and Carrot

Calorie Smart 20-25 Minutes • 1 of your 5 a day • Under 650 Calories

28



Egg Noodle Nest



Green Beans



Carrot



Garlic Clove



Lime



King Prawns



Bulgogi Sauce



Soy Sauce



King Prawns

Pantry Items

Oil, Salt, Pepper

+ Double King Prawns

If you chose to double prawns, then just follow the instructions on the back of this card.

Happy cooking!

A popular Korean condiment, bulgogi sauce has a sweet and smoky flavour, thanks to its mix of black bean puree, brown sugar and pear puree. Here, we're using it to coat egg noodles and juicy king prawns for a stir-fry style dish that's perfect for a balanced lifestyle.



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, fine grater and frying pan.

Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest 8 13)	125g	187g	250g
Green Beans**	80g	150g	150g
Carrot**	1	2	2
Garlic Clove**	2	3	4
Lime**	1	1	2
King Prawns** 5)	150g	225g	300g
Bulgogi Sauce 11)	150g	225g	300g
Soy Sauce 11 13)	15ml	25ml	30ml
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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	386g	100g	461g	100g
Energy (kJ/kcal)	1963 / 469	509 / 122	2154 / 515	468 / 112
Fat (g)	5.7	1.5	6.1	1.3
Sat. Fat (g)	1.0	0.3	1.2	0.3
Carbohydrate (g)	78.3	20.3	78.3	17.0
Sugars (g)	28.7	7.4	28.7	6.2
Protein (g)	21.5	5.6	32.0	6.9
Salt (g)	4.76	1.23	5.77	1.25

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, 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.


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

Contact

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Ooodles of Noodles

a) Bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp salt** for the **noodles**.

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

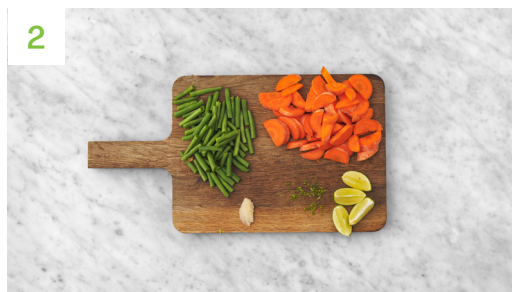
c) Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Flavour Town

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

b) Stir in the **prawns** and cook for another 5-6 mins until the **veg** is tender and the **prawns** are cooked through. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.*



Prep Time

a) Meanwhile, trim the **green beans**, then cut into thirds.

b) Trim the **carrot**, then halve lengthways (no need to peel). Thinly slice widthways into pieces about $\frac{1}{2}$ cm thick.

c) Peel and grate the **garlic** (or use a garlic press). Zest the **lime**, then cut into wedges.

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

+ Double King Prawns

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



Noodle Time

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

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

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



Stir-Fry the Veg

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

b) Once hot, add the **green beans** and **carrots**, stir-fry until tender, 4-5 mins.

c) Stir in the **garlic** and stir-fry until fragrant, 30 secs.



Serve Up

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

b) Sprinkle over the **lime zest** and serve any remaining **lime wedges** alongside for squeezing over.

Enjoy!