

Super Quick Sesame Gochujang Veggie Noodles

with Mushrooms, Young Pea Pods and Peanuts

Calorie Smart 15 Minutes • Mild Spice • 2 of your 5 a day



Green Beans



Sliced Mushrooms



Egg Noodle Nest



Coleslaw Mix



Young Pea Pods



Gochujang Paste



Ketjap Manis



Soy Sauce



Roasted White Sesame Seeds



King Prawns

Pantry Items

Oil, Salt, Pepper

+ Add King Prawns

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

Happy cooking!

Super speedy, these Super Quick Sesame Gochujang Veggie Noodles take only 15 minutes to make. The popular Korean condiment gochujang contains chillies, fermented soybeans and glutinous rice which give it its savoury-sweet flavour.



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
Green Beans**	80g	150g	150g
Sliced Mushrooms**	120g	180g	240g
Egg Noodle Nest 8 13)	125g	187g	250g
Coleslaw Mix**	120g	240g	240g
Young Pea Pods**	80g	150g	150g
Gochujang Paste 11)	30g	50g	60g
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11 13)	15ml	25ml	30ml
Roasted White Sesame Seeds 3)	5g	7g	10g
King Prawns** 5)	150g	225g	300g
Pantry	2P	3P	4P
Water for the Sauce*	75ml	125ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	351g	100g	426g	100g
Energy (kJ/kcal)	1673 / 400	476 / 114	1839 / 440	431 / 103
Fat (g)	3.4	1.0	3.8	0.9
Sat. Fat (g)	0.9	0.3	1.1	0.3
Carbohydrate (g)	76.1	21.7	76.1	17.8
Sugars (g)	25.0	7.1	25.0	5.9
Protein (g)	14.6	4.2	23.5	5.5
Salt (g)	4.79	1.36	5.81	1.36

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

Allergens

3) Sesame **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.

Contact

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1



Get Frying

- Boil a full kettle.
- Trim the **green beans**, then cut into thirds.
- Heat a drizzle of **oil** in a frying pan on high heat.
- Fry the **mushrooms**, 5-6 mins.

+ Add King Prawns

Drain the **prawns**, then add them to the pan with the **mushrooms**. Fry for the same amount of time. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.

3



Flavour Town

- Add the **coleslaw** and **pea pods** to the **mushrooms**. Fry, 3-4 mins.
- Stir through the **gochujang** (add less if you'd prefer things milder), **ketjap**, **soy** and **water** (see pantry). **TIP:** Pop hardened honey into hot water for 1 min.
- Bring to the boil.
- Add the **cooked noodles** and **green beans** to the **sauce**. Toss to combine, 2-3 mins.

2



Noodle Time

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

4



Dinner's Ready!

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

Enjoy!