



Fragrant Thai Style Veggie Peanut Noodles

with Young Pea Pods, Mushrooms and Coriander

23

Calorie Smart 20 Minutes • Medium Spice • 2 of your 5 a day



Egg Noodle Nest



Bell Pepper



Lime



Garlic Clove



Coriander



Sliced Mushrooms



Red Thai Style Paste



Soy Sauce



Ketjap Manis



Young Pea Pods



Salted Peanuts



Diced British Chicken Breast



King Prawns

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

Saucepan, sieve, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest 8 13	125g	187g	250g
Bell Pepper***	1	1½	2
Lime**	1	1	1
Garlic Clove**	2	3	3
Coriander**	1 bunch	1 bunch	1 bunch
Sliced Mushrooms**	180g	300g	360g
Red Thai Style Paste	50g	75g	100g
Soy Sauce 11 13	15ml	25ml	30ml
Ketjap Manis 11	50g	75g	100g
Young Pea Pods**	80g	150g	150g
Salted Peanuts	25g	40g	40g
Diced British Chicken Breast**	240g	390g	520g
King Prawns** 5)	150g	225g	300g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge **Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Diced British Chicken Breast		King Prawns			
	Per serving	Per 100g	Per serving	Per 100g		
for uncooked ingredient	404g	100g	524g	100g	479g	100g
Energy (kJ/kcal)	2063 /493	511 /122	2660 /636	508 /121	2229 /533	486 /111
Fat (g)	12.4	3.1	14.5	2.8	12.8	2.7
Sat. Fat (g)	2.1	0.5	2.7	0.5	2.2	0.5
Carbohydrate (g)	76.5	19.0	76.6	14.6	76.5	16.0
Sugars (g)	23.4	5.8	23.5	4.5	23.4	4.9
Protein (g)	17.1	4.2	46.1	8.8	26.0	5.4
Salt (g)	5.35	1.32	5.47	1.04	6.36	1.33

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

1) Peanut **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.

You can recycle me!

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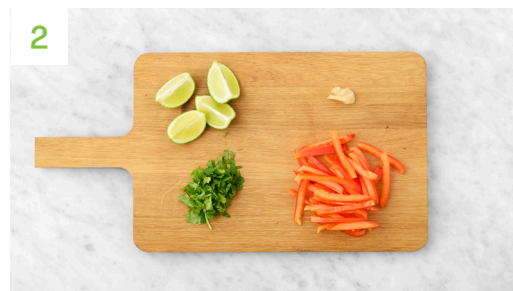


1 Cook the Noodles

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

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.

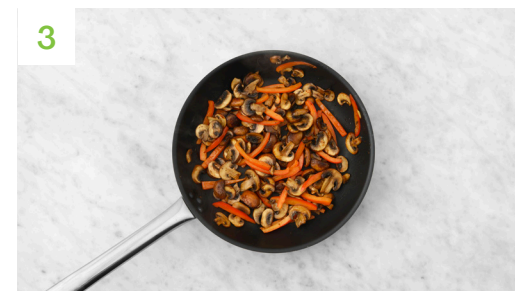


2 Prep Time

a) Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

b) Quarter the **lime**. Peel and grate the **garlic** (or use a garlic press).

c) Roughly chop the **coriander** (stalks and all).



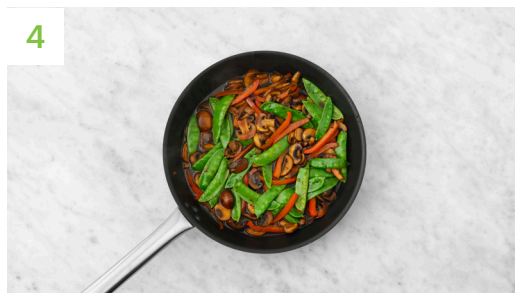
3 Get Stir-Frying

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

b) Once hot, add the **sliced pepper** and **sliced mushrooms**. Fry until slightly charred and soft, 5-6 mins. Continue to stir while it cooks. Season with **salt** and **pepper**.

c) Add the **garlic** and **red Thai style paste** to the pan. Cook until fragrant, 1 min.

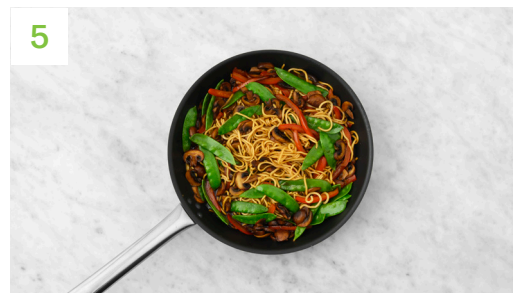
Custom Recipe: If you've chosen to add **diced chicken** or **prawns**, follow the instructions at the bottom of the page.



4 Sauce Things Up

a) Add the **soy sauce**, **ketjap manis** and **water for the sauce** (see pantry for amount) to the **veg**.

b) Stir together, then add the **young pea pods** and cook until the **sauce** has thickened slightly, 2-3 mins.



5 Finishing Touches

a) Stir the **cooked noodles** through the **fragrant sauce** and toss until well combined.

b) Add a good squeeze of **lime**. Taste and season with **salt** and **pepper** and more **lime** if you feel it needs it.



6 Serve Up

a) Share the **sticky Thai style noodles** between your bowls.

b) Sprinkle over the **peanuts** and **coriander**.

c) Serve with any remaining **lime wedges** for squeezing over to finish.

Enjoy!

CUSTOM RECIPE



DICED CHICKEN BREAST

Add the **chicken** to the pan with the **veg**. Fry for the same amount of time, then simmer, 3-4 mins instead. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



KING PRAWNS

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