



Coconut Udon Laksa

with Pepper, Green Beans and Spring Onion

Rapid 20 Minutes • Medium Spice • 2 of your 5 a day • Veggie

18



Red Onion



Bell Pepper



Green Beans



Lime



Red Chilli



Spring Onion



Garlic Clove



Yellow Thai Style Paste



Coconut Milk



Peanut Butter



Udon Noodles



Soy Sauce

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Fine grater, garlic press, saucepan and measuring jug.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	1	1	2
Green Beans**	80g	150g	150g
Lime**	½	1	1
Red Chilli**	½	¾	1
Spring Onion**	1	2	2
Garlic Clove**	1	2	2
Yellow Thai Style Paste	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Water for the Sauce*	300ml	450ml	600ml
Peanut Butter 1)	1 sachet	1½ sachets	2 sachets
Udon Noodles 13)	300g	450g	600g
Soy Sauce 11) 13)	12ml	19ml	25ml

*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

	Per serving	Per 100g
for uncooked ingredient	509g	100g
Energy (kJ/kcal)	2611/624	513/123
Fat (g)	29	6
Sat. Fat (g)	18	4
Carbohydrate (g)	71	14
Sugars (g)	10	2
Protein (g)	18	4
Salt (g)	2.70	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 11) Soya 13) 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, 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.

Contact

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The Fresh Farm

60 Worship St, London EC2A 2EZ

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Get Prepped

Halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks. Trim the **green beans**, then chop into thirds. Zest and halve the **lime**. Halve the **chilli** lengthways, deseed then finely chop. Trim and thinly slice the **spring onion**. Peel and grate the **garlic** (or use a garlic press).



Simmer the Laksa

Stir in the **coconut milk**, **water for the sauce** (see ingredients for amount) and **peanut butter**. Season with **salt** and **pepper**, then bring to a simmer. Cook for 5 mins, then add the **green beans**. Simmer until they are just tender, 3 mins.



Fry the Veg

Heat a drizzle of **oil** in a large saucepan on medium-high heat. Once hot, add the **sliced red onion** and **pepper**. Fry, stirring regularly, until softened, 5-6 mins.



Noodle Time

Add the **udon noodles** to the pan and mix well. Cook until everything is piping hot, 2-3 mins.



Add the Flavour

Add the **garlic**, **chopped chilli** (careful, it's hot - add less if you don't like heat) and **yellow Thai style paste** to the pan. Cook, stirring, until fragrant, 1 min.



Finish and Serve

When the **laksa** is ready, add the **soy sauce**, a squeeze of **lime juice** and a pinch of **lime zest**. Season to taste with more **lime**, **salt** and **pepper** if needed. Chop any remaining **lime** into wedges. Divide the **coconut udon laksa** between your bowls, then top with the **spring onion** and any remaining **lime zest**. Serve with the **lime wedges** for squeezing over.

Enjoy!