



# Fragrant Veggie Noodle Stir-Fry

with Mushrooms, Tenderstem®, Green Beans and Peanuts

Rapid Eat Me Early • 20 Minutes • Mild Spice • 2 of your 5 a day • Veggie

18



Bell Pepper



Spring Onion



Chestnut Mushrooms



Tenderstem® Broccoli



Egg Noodle Nest



Green Beans



Ginger & Garlic Lemongrass Puree



Soy Sauce



Sweet Chilli Sauce



Salted Peanuts

**Pantry Items**

Egg

## Before you start

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

## Cooking tools

Saucepan, colander, frying pan, bowl and aluminium foil.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Spring Onion**	2	3	4
Chestnut Mushrooms**	150g	225g	300g
Tenderstem® Broccoli**	80g	120g	150g
Egg Noodle Nest (8) 13)	2 nests	3 nests	4 nests
Green Beans**	80g	150g	150g
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Soy Sauce (11) 13)	25ml	37ml	50ml
Sweet Chilli Sauce	96g	160g	192g
Salted Peanuts 1)	25g	40g	40g

Pantry	2P	3P	4P
Egg*	2	3	4

\*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	458g	100g
Energy (kJ/kcal)	2301 /550	502 /120
Fat (g)	14.0	3.1
Sat. Fat (g)	3.0	0.7
Carbohydrate (g)	79.2	17.3
Sugars (g)	28.3	6.2
Protein (g)	25.0	5.4
Salt (g)	4.38	0.96

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

1) Peanut 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, 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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## Get Prepped

**a)** Bring a large saucepan of **water** to the boil with **¼ tsp salt**.

**b)** Halve the **pepper** and discard the core and seeds. Slice into thin strips.

**c)** Trim and thinly slice the **spring onions**. Quarter the **mushrooms**.

**d)** Cut the **Tenderstem®** into thirds. Trim the **green beans** and cut into thirds.



## Sauce Things Up

**a)** Add the **cooked noodles**, **soy sauce** and **sweet chilli sauce** to the **veg pan** with a splash of **water** if you feel it needs it.

**b)** Stir-fry until everything is combined and piping hot, 1-2 mins.

**c)** Once cooked, divide the **noodle stir-fry** between your serving bowls and cover with foil to keep warm.



## Cook the Noodles

**a)** When your pan of **water** is boiling, add the **noodles** and bring back to the boil. Cook until tender, 4 mins.

**b)** Once cooked, drain in a colander. **TIP:** Run the noodles under cold water to stop them sticking together.



## Fry the Eggs

**a)** If you're adding an **egg**, wipe out the (now empty) pan and pop back on high heat with a drizzle of **olive oil**. **TIP:** Use a frying pan if you were using a wok.

**b)** Once hot, crack in the **eggs** (1 per person).

**c)** Cook until the **egg white** is cooked and the **yolk** is the firmness you desire, 4-5 mins. Lower the heat as needed.



## Start Stir-Frying

**a)** While the **noodles** cook, heat a drizzle of **oil** in a large frying pan or wok on high heat.

**b)** Once hot, add the **mushrooms**, **pepper**, **green beans** and **broccoli**. Stir-fry until starting to soften, 5-6 mins. **TIP:** Add a splash of water to help cook the veg if you feel it needs it.

**c)** Stir in the **ginger**, **garlic & lemongrass puree** and cook for 1 min more.



## Garnish and Serve

**a)** When ready, top your **noodles** with the **fried eggs** (if using).

**b)** Scatter over the **peanuts** and **spring onions** to finish.

## Enjoy!