

# 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





Bell Pepper



**Spring Onion** 





Mushrooms



Egg Noodle Nest



Green Beans

Soy Sauce

Tenderstem®

Broccoli



Ginger & Garlic Lemongrass Puree





Sweet Chilli Sauce



Salted Peanuts

### 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

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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 <b>11) 13)</b>	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.

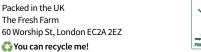
#### Contact

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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







# **Get Prepped**

- a) Bring a large saucepan of water to the boil with 1/4 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**<sup>®</sup> into thirds. Trim the **green** beans and cut into thirds.



#### 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.



# 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.



# 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.



# 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.



#### 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!