



# Hoisin Prawn and Noodle Stir Fry

with Bok Choy and Red Pepper

N° 17

**RAPID** 20 Minutes • 1 of your 5 a day



Bok Choy



Red Pepper



Lime



Garlic Clove



Noodles



King Prawns



Hoisin Sauce



Soy Sauce

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Large Saucepan, Fine Grater (or Garlic Press), Large Frying Pan and Colander.

### Ingredients

	2P	3P	4P
Bok Choy**	1	1	2
Red Pepper**	1	2	2
Lime**	½	1	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Noodles <b>8</b> <b>13</b> )	2 nests	3 nests	4 nests
King Prawns <b>5</b> )**	150g	250g	300g
Hoisin Sauce <b>3</b> <b>11</b> <b>13</b> )	2 sachets	3 sachets	4 sachets
Soy Sauce <b>11</b> <b>13</b> )	1 sachet	1½ sachets	2 sachets
Sugar	½ tsp	¾ tsp	1 tsp

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	343g	100g
Energy (kJ/kcal)	1609 /385	469 /112
Fat (g)	3	1
Sat. Fat (g)	1	1
Carbohydrate (g)	69	20
Sugars (g)	19	5
Protein (g)	24	7
Salt (g)	5.72	1.67

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**3**) Sesame **5**) Crustaceans **8**) Egg **11**) Soya **13**) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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The Fresh Farm

60 Worship St, London EC2A 2EZ

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Packed in the UK



## 1. Get Prepped

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

**b)** Trim the **bok choy** then thinly slice widthways. Halve the **pepper** and discard the core and seeds. Slice into thin strips.

**c)** Zest and halve the **lime**.

**d)** Peel and grate the **garlic** (or use a garlic press).



## 4. Prawn Time

**a)** Add the **prawns** and **bok choy** to the pan with the **red pepper** and stir fry until the **prawns** are almost cooked, 3 mins.



## 2. Start Cooking

**a)** Heat a drizzle of **oil** in a large frying pan or wok over medium high heat.

**b)** Once hot, add the **red pepper** and stir fry until slightly softened and starting to colour, 4-5 mins.



## 5. Finish up!

**a)** Add the **garlic** to the **prawns** and stir fry until the **prawns** are cooked, 1 more minute. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.

**b)** Add the **hoisin**, **soy sauce**, **sugar** (see ingredients for amounts) and a splash of **water** along with the **lime zest**.



## 3. Cook the Noodles

**a)** Meanwhile, once the pan of water is boiling, add the **noodles** and cook until tender, 4 mins.

**b)** Drain in a colander and run under **cold water** to prevent the **noodles** from sticking. Set aside.



## 6. Serve

**a)** Bring the **sauce** to a simmer then add the **noodles** and mix through the **sauce**.

**b)** Cook until everything is piping hot, 1 minute. Add a squeeze of **lime juice**. **TIP:** Add a splash of water if you feel it needs loosening up.

**c)** Cut any remaining **lime** into wedges.

**d)** Divide the **stir fry** between your plates and serve with the **lime wedges**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.