



# PRAWN CHOW MEIN

with Egg Noodles



## HELLO SOY SAUCE

*Soy sauce is one of the world's oldest condiments and has been used in China for more than 2,500 years.*



Red Pepper



Spring Onion



Egg Noodle Nests



Mangetout



King Prawns



Soy Sauce



Chow Mein Paste



Chow Mein Garnish

MEAL BAG

20 mins

2 of your 5 a day

Rapid recipe

When a dish this delicious is on the table in just 15 minutes, you know you've struck gold. At HelloFresh, we believe that having a busy schedule should never stand in the way of cooking and enjoying great food. Bursting with fresh flavours and good-for-you ingredients, our fragrant prawn red Thai curry is about to become your favourite quick-fix recipe. Time might be your enemy, but this dish is your knight in shining armour!

GET **PREPARED!**

Fill and boil your **Kettle**.

# BEFORE YOU START

🔗 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Large Saucepan, Colander, Frying Pan** and **Measuring Jug**. Let's start cooking the **Prawn Chow Mein with Egg Noodles**.



## 1 PREP THE VEGGIES

- a) Halve the **red pepper**, remove the core and seeds then thinly slice.
- b) Trim the **spring onion** then thinly slice.



## 2 COOK THE NOODLES

- a) Pop the **noodles** in a large saucepan and cover with the boiling **water**.
- b) Put the pan on medium-high heat, bring back to the boil and cook the **noodles** for 4 mins.
- c) Drain in a colander, submerge in cold **water** and set aside.



## 3 START THE STIR-FRY

- a) Meanwhile, heat a splash of **oil** in a frying pan on high heat.
- b) Add the **pepper, mangetout** and **half the spring onion**.
- c) Stir-fry, until softened, 2 mins.
- d) Add the **prawns** and stir-fry for another 2-3 mins.



## 4 SIMMER

- a) Lower the heat slightly, add the **soy sauce, chow mein paste** and **garnish** and the **water** (see ingredients for amount).
- b) Stir and simmer until the **prawns** are cooked through. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the centre.



## 5 FINISH OFF

- a) Drain the **noodles** again and add to the frying pan.
- b) Stir through until piping hot.



## 6 SERVE

- a) Serve the **prawn chow mein** in bowls sprinkled with the remaining **spring onion**.

**ENJOY!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	4P
Red Pepper	1	2
Spring Onion	3	3
Egg Noodle Nests 8) 13)	2	4
Mangetout	1 pack	2 packs
King Prawns 5)	120g	250g
Soy Sauce 11) 13)	1 sachet	2 sachets
Chow Mein Paste 5) 7) 11) 13)	1 pot	2 pots
Chow Mein Garnish	1 pot	2 pots
Water*	50ml	100ml

\*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 343G	PER 100G
Energy (kcal)	390	114
(kJ)	1630	476
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	66	19
Sugars (g)	16	5
Protein (g)	24	7
Salt (g)	6.36	1.86

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

5) Crustaceans 7) Milk 8) Egg 11) Soya 13) Gluten

**Chow Mein Paste:** Water, **Soy** Sauce (Water, **Soybeans, Wheat**, and Salt), Sunflower Oil, Whey Powder (**Milk**), Onion Powder, Honey, Salt, Ginger Puree, Sugar, Garlic Powder, Dried Shrimp (**Crustaceans**), Garlic Extract, Ground Ginger, Spice Extracts, Ground Black Pepper, Ground Star Anise.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

## 👍 THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via: [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

You made this, now show it off! Share your creations with us:

📷 🐦 📘 📌 #HelloFreshSnaps

**HelloFresh UK**  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

Packed in the UK

