

Stir-Fried Asian Style Kale Salad with Peanuts

N°2A

Special Sides 15 Minutes • 1 of your 5 a day • Veggie







Kale





Sesame Oi

Hone



Sov Sauce



Salted Peanuts

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Saucepan with Lid and a Large Serving Bowl.

Ingredients

	2P	
Kale**	200g	
Lime**	1	
Sesame Oil 3)	1 sachet	
Honey	2 sachets	
Soy Sauce 11) 13)	1 sachet	
Salted Peanuts 1)	25g	
*Not Included **Store in the Fridge		

Nutrition

	Per serving	Per 100g
for uncooked ingredient	185g	100g
Energy (kJ/kcal)	1183/283	641/153
Fat (g)	20	11
Sat. Fat (g)	3	1
Carbohydrate (g)	19	10
Sugars (g)	14	8
Protein (g)	8	4
Salt (g)	1.86	1.01

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 3) Sesame 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

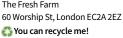
Thumbs up or thumbs down?

Head online or use our app to rate this recipe

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

HelloFresh UK

Packed in the UK The Fresh Farm







Cook the Kale

- a) Heat a splash of oil in a large saucepan on medium heat, add the kale and season with salt and pepper.
- **b)** Add a splash of **water** to the pan and stir-fry the **kale** until softened, 4-5 mins.
- c) Cover with a lid or foil, remove from the heat and set aside.



Make the Dressing

- a) Meanwhile, halve the lime and squeeze the juice into a large serving bowl.
- **b)** Add the **sesame oil**, **honey** and **soy sauce**. Mix together.
- c) Roughly chop the peanuts.



Serve

- a) Once the kale is cooked, add it to the bowl with the dressing and gently mix to combine.
- b) Sprinkle the peanuts over the top.

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.