



Teriyaki Veggie Noodle Stir-Fry

with Tenderstem® Broccoli and Peanuts

Calorie Smart 20 Minutes • 2 of your 5 a day • Veggie • Under 600 Calories

23



Green Pepper



Carrot



Tenderstem® Broccoli



Red Onion



Garlic Clove



Salted Peanuts



Egg Noodle Nest



Ginger Puree



Teriyaki Sauce

Before you start

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

Cooking tools, you will need:

Saucepan, Grater, Garlic Press, Sieve and Frying Pan.

Ingredients

	2P	3P	4P
Green Pepper**	1	2	2
Carrot**	1	1	2
Tenderstem® Broccoli**	150g	200g	300g
Red Onion**	1	1	2
Garlic Clove**	1	1	2
Salted Peanuts 1)	25g	40g	40g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Ginger Puree	1 sachet	1 sachet	2 sachets
Teriyaki Sauce 11)	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	429g	100g
Energy (kJ/kcal)	1543/369	360/86
Fat (g)	8	2
Sat. Fat (g)	1	0
Carbohydrate (g)	58	14
Sugars (g)	34	8
Protein (g)	13	3
Salt (g)	4.15	0.97

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

Allergens

1) Peanut 8) Egg 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?

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HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Prep Time

Pop a large saucepan of **water** on to boil for the **noodles**. Halve the **pepper**, discard the core and seeds. Slice into thin strips. Trim the **carrot** (no need to peel), then grate on the coarse side of your grater. Chop the **broccoli** into thirds. Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **peanuts**.



Add the Sauce

Pour the **teriyaki sauce** into the pan and stir to coat all the **veggies**. Lower the heat and cook until everything is piping hot, 1-2 mins.



Cook the Noodles

When the **water** is boiling, add the **noodles**, **Tenderstem® broccoli** and $\frac{1}{2}$ **tsp** of **salt**. Cook until tender, 4 mins. Once cooked, drain in a sieve and run under **cold water**. Return to the pan with a drizzle of **oil** and stir through to stop them from sticking together.



Add the Noodles

Add the **grated carrot** and **noodles** to the pan and toss or stir to combine. Stir-fry until everything is piping hot, 2 mins. **TIP:** Add a splash of water if you need to loosen it up a bit.



Stir-Fry

Meanwhile, heat a splash of **oil** in a large frying pan or wok over medium-high heat. When hot, add the **onion** and **pepper**. Stir-fry until beginning to soften, 3-4 mins. Next, add the **garlic** and **ginger puree**. Cook until fragrant, 1 min.



Serve

Share the **noodles** between your plates and finish with a sprinkle of **chopped peanuts**.

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.