



THAI VEGGIE NOODLES



HELLO BOK CHOY

Pak choy, bok choy, pak choy are all the same thing! They are just different spellings for this Chinese cabbage.



Red Pepper



Bok Choy



Green Beans



Garlic Clove



Red Chilli



Coriander



Lime



Egg Noodle Nest



Kuala Lumpur Style Curry Powder



Easy Ginger



Coconut Milk



Soy Sauce

Travel to Thailand without leaving your kitchen. Packed with vegetables like bok choy, green beans and bright red pepper, and full of fragrant flavours like ginger, chilli and coconut milk, this is a dish that will take your stir-fry game to new levels of deliciousness.

30 mins

2 of your 5 a day

Veggie

MEAL BAG

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Fine Grater, Colander and Large Frying Pan**. Now, let's get cooking!



1 DO THE PREP

Put a large saucepan of water on to the boil for the noodles. Halve, then remove the core from the **pepper** and thinly slice. Trim the **bok choy**. Thinly slice widthways. Trim the **green beans** and chop into thirds. Peel and grate the **garlic** (or use a garlic press). Halve the **red chilli**, deseed and finely chop. Roughly chop the **coriander** (stalks and all). Chop the **lime** into wedges.



4 MAKE THE SAUCE

Pour the **coconut milk, soy sauce** and a squeeze of **lime juice** into the pan. Stir together, bring to the boil then reduce the heat to medium and simmer until reduced slightly and thickened, 3-4 mins.



2 COOK THE NOODLES

When the **water** is boiling, add the **noodles** and cook for 4 mins. When cooked, drain in a colander, then cool under cold running water to stop them cooking any more. Leave to one side.



5 ADD THE VEGGIES

Add the **pepper** and **green beans** to the **sauce** and continue to simmer for 3-4 mins. Stir in the **bok choy** and cook for a further 3-4 mins. **★ TIP:** *The veggies should be cooked through but still with a little bite - this is a fresh and crisp sauce!*



3 START FRYING

Heat a drizzle of **oil** in a large frying pan or wok on medium heat. Add the **Kuala Lumpur style curry powder, garlic** and **easy ginger** along with a pinch of **chilli**, if using (don't add too much here - you can always add more later if it needs more kick!). Stir-fry until fragrant, 30 seconds.



6 SERVE

Toss the **noodles** and **half the coriander** through your **sauce** until piping hot. Season to taste with **salt** and **pepper** if needed and add extra **chilli** or **lime** if you feel it needs it. Serve in bowls with the remaining **coriander** sprinkled on top and any remaining **lime wedges** for squeezing over. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Pepper	1	2	2
Bok Choy	1 pack	1½ packs	2 packs
Green Beans	1 small pack	1 large pack	2 small packs
Garlic Clove	1	2	2
Red Chilli	½	½	½
Coriander	1 bunch	1 bunch	1 bunch
Lime	½	1	1
Egg Noodle Nest 8) 13)	1	1½	2
Kuala Lumpur Style Curry Powder	1 small pot	¾ large pot	1 large pot
Easy Ginger	½ sachet	¾ sachet	1 sachet
Coconut Milk	½ large tin	¾ large tin	1 large tin
Soy Sauce 11) 13)	½ sachet	¾ sachet	1 sachet

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 432G	PER 100G
Energy (kcal)	495	115
(kJ)	2071	480
Fat (g)	22	5
Sat. Fat (g)	17	4
Carbohydrate (g)	62	14
Sugars (g)	11	3
Protein (g)	15	3
Salt (g)	2.15	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

8) Egg 11) Soya 13) Gluten

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?

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