



Veggie Noodle Stir-fry

with Sugar Snaps and Peanuts

N° 17

BALANCED 25 Minutes • Under 600 Calories • 2 of your 5 a day • Veggie



Green Pepper



Carrot



Red Onion



Garlic Clove



Salted Peanuts



Soy Sauce



Ketchup



Ketjap Manis



Egg Noodles



Sugar Snap Peas



Easy Ginger

Before you start

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

Basic cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Green Pepper**	1	2	2
Carrot**	1	1	2
Red Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Salted Peanuts 1)	1 small pot	1 large pot	1 large pot
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets
Ketchup 10)	½ sachet	1 sachet	1 sachet
Ketjap Manis 11) 13)	1 sachet	2 sachets	2 sachets
Egg Noodles 8) 13)	2 nests	3 nests	4 nests
Sugar Snap Peas**	1 small pack	2 small packs	2 small packs
Easy Ginger	½ sachet	¾ sachet	1 sachet

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	388g	100g
Energy (kJ/kcal)	1889 /452	487 /116
Fat (g)	8	2
Sat. Fat (g)	1	1
Carbohydrate (g)	77	20
Sugars (g)	25	7
Protein (g)	18	5
Salt (g)	2.61	0.67

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **8)** Egg **10)** Celery **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
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Packed in the UK



1. Prep Time

Pop a large saucepan of **water** onto boil. We will use it to cook the noodles later. Halve the **pepper(s)**, discard the core and seeds and slice into thin strips. Trim the **carrot**, (no need to peel) grate on the coarse side of your grater. Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **peanuts**.



4. Add the Sauce

Pour the **sauce** you made earlier into the pan and stir to coat all the **veggies**. Lower the heat and cook until the **sugar snaps** are tender, 1-2 mins.



2. Make the Sauce

In a small bowl mix together the **soy sauce**, **ketchup** and **ketjap manis**. Keep to one side. When the **water** comes to the boil, add the **noodles** and ½ tsp of **salt** and 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.



5. 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. Get ready to serve!



3. Stir Fry!

Meanwhile, heat a splash of **oil** in a large frying pan or wok over medium-high heat. When hot, add the **onions** and **peppers**. Stir-fry until beginning to soften, 3-4 mins. Next, add the **sugar snaps** cook for 2 mins, then add the **garlic** and **easy ginger**. Cook until fragrant, 1 minute.



6. 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.