



Veggie Noodle Stir-Fry with Sugar Snaps and Peanuts

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

17



Green Pepper



Carrot



Red Onion



Garlic Clove



Salted Peanuts



Soy Sauce



Ketchup



Ketjap Manis



Egg Noodle Nest



Sugar Snap Peas



Ginger Purée

Before you start

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

Cooking tools, you will need:

Saucepan, Chopping Board, Sharp Knife, Grater, Fine Grater (or Garlic Press), Bowl, Sieve 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	1 clove	2 cloves
Salted Peanuts 1)	1 small pot	1 large pot	1 large pot
Soy Sauce 11) 13)	2 sachets	3 sachets	4 sachets
Ketchup 10)	1 sachet	2 sachets	2 sachets
Ketjap Manis 11) 13)	2 sachets	3 sachets	4 sachets
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Sugar Snap Peas**	1 pack	2 packs	2 packs
Ginger Purée	1 sachet	1 sachet	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	427g	100g
Energy (kJ/kcal)	2148/514	503/120
Fat (g)	8	2
Sat. Fat (g)	1	1
Carbohydrate (g)	90	21
Sugars (g)	36	8
Protein (g)	20	5
Salt (g)	4.28	1.00

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

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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** onto boil. We will use it to cook the noodles later. Halve the **pepper(s)**, discard the core and seeds. 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**.



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 0.5 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.



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 **ginger purée**. Cook until fragrant, 1 minute.



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.



Add the Noodles

Add the **grated carrot** and **noodles** to the pan and stir to coat all the **veggies**. Lower the heat and cook until the **sugar snaps** are tender, 1-2 mins. **TIP:** Add a splash of water if you need to loosen it up a bit. Get ready to serve!



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.