



Veggie Noodle Stir-fry

with Sugar Snaps and Peanuts

CLASSIC 25 Minutes • 2 of your 5 a day • Veggie

N° 7



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 and veggies need a little wash before you use them!

Basic cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Green Pepper**	1	2	2
Carrot**	1	1	2
Red Onion**	1	1½	2
Garlic Clove**	1	1	1
Salted Peanuts 1)	1 small pot	1 large pot	1 large pot
Soy Sauce 11) 13)	1 sachet	1½ sachet	2 sachets
Ketchup 10)	½ sachet	1 sachet	1 sachet
Ketjap Manis 11) 13)	1 sachet	1½ sachets	2 sachets
Egg Noodles 8) 13)	2	3	4
Sugar Snap Peas**	1 pack	1½ packs	2 packs
Easy Ginger**	½ sachet	¾ sachet	1 sachet

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	388g	100g
Energy (kJ/kcal)	1864 /446	480 /115
Fat (g)	8	2
Sat. Fat (g)	2	1
Carbohydrate (g)	77	20
Sugars (g)	25	6
Protein (g)	18	5
Salt (g)	3.89	1.00

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 10) Celery 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.

Contact

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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. 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** (see ingredients list for amounts). Keep to one side. When the **water** comes to the boil, add the **noodles** and cook for 4 mins. Once cooked, drain in a sieve and run under **cold water**. Return to the pan with a drizzle of **oil** to stop it 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. Start the 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, 2-3 mins. Next, add the **sugar snaps** cook for 2 mins, then add the **garlic** and **ginger puree**. Cook until fragrant, 1 minute.



6. Serve

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

Enjoy!