














Veggie Packed Black Bean Stir-Fry with Egg Noodles and Peanuts

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Rapid Eat Me Early • 20 Minutes • Mild Spice • 2 of your 5 a day • Veggie



-  Green Beans
-  Baby Corn
-  Tenderstem® Broccoli
-  Spring Onion
-  Garlic Clove
-  Sliced Mushrooms
-  Egg Noodle Nest
-  Black Bean Sauce
-  Soy Sauce
-  Chilli Flakes
-  Salted Peanuts

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, saucepan, frying pan and colander.

Ingredients

	2P	3P	4P
Green Beans**	150g	200g	300g
Baby Corn**	60g	90g	120g
Tenderstem® Broccoli**	80g	150g	200g
Spring Onion**	2	3	4
Garlic Clove**	2	3	4
Sliced Mushrooms**	120g	180g	180g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Black Bean Sauce 11)	1 sachet	1½ sachets	2 sachets
Soy Sauce 11) 13)	15ml	20ml	25ml
Chilli Flakes	1 pinch	1 pinch	2 pinches
Water for the Sauce*	50ml	75ml	100ml
Salted Peanuts 1)	25g	40g	50g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	384g	100g
Energy (kJ/kcal)	2148 /513	559 /134
Fat (g)	10.0	2.6
Sat. Fat (g)	1.7	0.5
Carbohydrate (g)	80.3	20.9
Sugars (g)	25.7	6.7
Protein (g)	20.7	5.4
Salt (g)	3.81	0.99

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Get Prepped

- Trim and halve the **green beans**.
- Cut the **baby corn** into thirds.
- Halve any thick **Tenderstem® broccoli stems** lengthways, then cut into thirds.
- Trim and thinly slice the **spring onions**. Peel and grate the **garlic** (or use a garlic press).



Add the Sauce

- Once the **veg** has softened, add the **cooked noodles** and **beans** to the frying pan.
- Stir in the **black bean sauce**, **soy sauce**, **half the chilli flakes** (use less if you don't like too much heat) and **water for the sauce** (see ingredients for amount).
- Cook until everything is piping hot and the **noodles** are well coated, 2-3 mins, stirring occasionally. **TIP: Add a splash more water if it needs loosening a little.**



Stir-Fry the Veg

- Bring a large saucepan of **water** to the boil with $\frac{1}{4}$ **tsp salt** for the **noodles**.
- Heat a drizzle of **oil** in medium frying pan on medium-high heat.
- When the **oil** is hot, stir-fry the **broccoli** for 1-2 mins. Add the **baby corn**, **sliced mushrooms** and **half the spring onion**, then stir-fry until just softened, 5-6 mins.
- Stir in the **garlic** and cook for 30 secs more.



Garnish Time

- Meanwhile, roughly chop the **peanuts**.



Cook the Noodles and Beans

- Meanwhile, when your pan of **water** is boiling, add the **noodles** and **green beans** and cook until tender, 4 mins.
- Once cooked, drain in a colander. **TIP: Run the noodles under cold water to stop them sticking together and to keep the beans vibrant.**



Serve

- When ready, share the **veggie noodles** between your serving bowls, making sure to get all the **black bean sauce** from the pan.
- Garnish with the **peanuts** and remaining **spring onion**.
- Sprinkle over the remaining **chilli flakes** if you'd like some more heat.

Enjoy!