



Veggie Peanut Noodle Stir-Fry with Green Beans and Tenderstem® Broccoli

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

18



Tenderstem® Broccoli



Green Beans



Garlic Clove



Lime



Egg Noodle Nest



Ketjap Manis



Soy Sauce



Peanut Butter



Coleslaw Mix



Red Thai Style Paste



Salted Peanuts

Recipe Update

Due to quality issues with **mangetout**, you'll instead receive **green beans**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

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

Cooking tools

Saucepan, garlic press, sieve, kettle, measuring jug and frying pan.

Ingredients

Ingredients	2P	3P	4P
Tenderstem® Broccoli**	80g	150g	150g
Green Beans**	80g	150g	150g
Garlic Clove**	1	2	2
Lime**	½	¾	1
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Ketjap Manis 11)	25g	37g	50g
Soy Sauce 11) 13)	15ml	25ml	30ml
Peanut Butter 1)	30g	45g	60g
Coleslaw Mix**	120g	180g	240g
Red Thai Style Paste	50g	75g	100g
Salted Peanuts 1)	25g	25g	40g
Pantry	2P	3P	4P
Boiled Water for the Sauce*	200ml	300ml	400ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
	301g	100g
Energy (kJ/kcal)	2369 /566	788 /188
Fat (g)	20.7	6.9
Sat. Fat (g)	3.4	1.1
Carbohydrate (g)	73.3	24.4
Sugars (g)	18.5	6.2
Protein (g)	21.2	7.1
Salt (g)	4.30	1.43

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

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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Start the Prep

- Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **noodles**.
- Halve any thick **broccoli stems** lengthways, then cut widthways into thirds.
- Trim the **green beans**, then cut into thirds. Peel and grate the **garlic** (or use a garlic press).
- Halve the **lime**.



Bring on the Stir-Fry

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **coleslaw mix**. Cook, stirring frequently, until slightly softened, 2-3 mins.
- Stir in the **red Thai style paste** and the **garlic**. Cook, stirring, for 1 min more.



Cook the Noodles and Veg

- When boiling, add the **noodles, green beans** and **broccoli** to the **water**.
- Cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop the **noodles** sticking together and keep the **veg** vibrant.



Combine and Stir

- Add the **peanut sauce** from the jug to the pan and stir well until combined.
- Stir through the **cooked noodles, green beans** and **broccoli** to coat them in the **sauce**, then bring to the boil. Simmer until slightly thickened, 1-2 mins.
- Once thickened, remove from the heat. Taste and season with **salt** and **pepper**.
- Add a good squeeze of **lime juice**, along with a splash of **water** if you feel it needs it.



Make your Peanut Sauce

- Meanwhile, boil a half-full kettle.
- Pour the **boiled water for the sauce** (see pantry for amount) into a measuring jug. Add the **ketjap manis, soy sauce, peanut butter** and **sugar for the sauce** (see pantry for amount), then stir well. Set aside for later.



Garnish and Serve

- Share the **veggie noodle stir-fry** between your bowls.
- Crush the **peanuts** in the unopened sachet using a rolling pin, then sprinkle over the top to finish.
- Serve with any remaining **lime** cut into **wedges** for squeezing over.

Enjoy!