



Sticky Thai Style Veggie Noodles with Mangetout, Mushrooms and Coriander

Rapid 20 Minutes • Mild Spice • 3 of your 5 a day • Veggie

18



Egg Noodle Nest



Bell Pepper



Lime



Garlic Clove



Salted Peanuts



Coriander



Sliced Mushrooms



Thai Style
Spice Blend



Soy Sauce



Ketjap Manis



Mango Chutney



Mangetout

Pantry Items
Oil, Salt, Pepper

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, sieve, fine grater, garlic press, rolling pin and frying pan.

Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest 8 13	125g	188g	250g
Bell Pepper***	1	1½	2
Lime**	1	1	1
Garlic Clove**	2	3	3
Salted Peanuts 1	25g	40g	40g
Coriander**	1 bunch	1 bunch	1 bunch
Sliced Mushrooms**	180g	300g	360g
Thai Style Spice Blend 3	1 sachet	1 sachet	2 sachets
Soy Sauce 11 13	25ml	40ml	50ml
Ketjap Manis 11	25g	38g	50g
Mango Chutney	80g	120g	160g
Mangetout**	80g	150g	160g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	388g	100g
Energy (kJ/kcal)	2100 /502	541 /129
Fat (g)	8.5	2.2
Sat. Fat (g)	1.6	0.4
Carbohydrate (g)	88.9	22.9
Sugars (g)	34.7	8.9
Protein (g)	17.4	4.5
Salt (g)	4.71	1.21

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

Allergens

1) Peanut **3)** Sesame **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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Oodles of Noodles

a) Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **noodles**.

b) When boiling, add the **noodles** to the **water** and cook until tender, 4 mins.

c) Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Sauce Things Up

a) Add the **soy sauce**, **ketjap manis**, **mango chutney** and **water for the sauce** (see pantry for amount) to the pan.

b) Stir together, then add the **mangetout** and cook until the **sauce** has thickened slightly, 2-3 mins.



Prep Time

a) Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips, then chop into roughly 1cm pieces.

b) Zest and halve the **lime**. Peel and grate the **garlic** (or use a garlic press).

c) Crush the **peanuts** in the unopened sachet using a rolling pin.

d) Roughly chop the **coriander** (stalks and all).



Finishing Touches

a) Stir the **cooked noodles** through the **sticky sauce** and toss until well combined.

b) Add a squeeze of **lime juice**.

c) Taste and season with **salt**, **pepper** and more **lime juice** if needed.



Get Stir-Frying

a) Heat a drizzle of **oil** in a large frying pan on high heat.

b) Once hot, add the **sliced pepper** and **mushrooms**. Fry until slightly charred and soft, 4-5 mins. Continue to stir while it cooks. Season with **salt** and **pepper**.

c) Add the **garlic**, **lime zest** and **Thai style spice blend** to the pan. Cook until fragrant, 1 min.



Serve Up

a) Share the **sticky Thai style noodles** between your bowls.

b) Sprinkle over the **peanuts** and **coriander** to finish.

c) Cut any remaining **lime** into **wedges** and serve alongside for squeezing over.

Enjoy!