



Veggie Peanut Noodle Stir-Fry with Mangetout and Pepper

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

17



Bell Pepper



Mangetout



Garlic Clove



Egg Noodle Nest



Coleslaw Mix



Red Thai Style Paste



Ketjap Manis



Soy Sauce



Salted Peanuts



King Prawns

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

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, frying pan and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	1½	2
Mangetout**	80g	120g	150g
Garlic Clove**	1	2	2
Egg Noodle Nest 8) 13)	125g	188g	250g
Coleslaw Mix**	120g	180g	240g
Red Thai Style Paste	50g	75g	100g
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11) 13)	15ml	25ml	30ml
Salted Peanuts 1)	25g	25g	40g
King Prawns** 5)	150g	225g	300g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

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

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	301g	100g	376g	100g
Energy (kJ/kcal)	2088 /499	693 /166	2308 /552	613 /147
Fat (g)	12.4	4.1	13.1	3.5
Sat. Fat (g)	1.8	0.6	2.0	0.5
Carbohydrate (g)	78.9	26.2	78.9	21.0
Sugars (g)	25.0	8.3	25.0	6.6
Protein (g)	16.4	5.4	28.1	7.5
Salt (g)	5.10	1.69	6.00	1.59

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
5) Crustaceans

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

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

b) Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

c) Halve the **mangetout** widthways. Peel and grate the **garlic** (or use a garlic press).



Add More Veg

a) Once the **pepper** is softened, reduce the heat to medium-high and add the **coleslaw mix** and **mangetout** to the pan.

b) Cook, stirring frequently, until slightly softened, 2-3 mins.

c) Stir in the **red Thai style paste** and the **garlic**. Cook, stirring, for 1 min more.



Cook the Noodles

a) When boiling, add the **noodles** to the **water**. Cook until tender, 4 mins.

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

c) Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.



Combine and Stir

a) Add the **cooked noodles**, **ketjap manis**, **soy sauce** and **water for the sauce** (see pantry for amount) to the pan. Stir together until well combined and piping hot, then remove from the heat.

b) Taste and season with **salt** and **pepper**. Add a splash of **water** if you feel it needs it.



Get Stir-Frying

a) Once the **oil** is hot, add the **sliced pepper** to the pan and stir-fry until just soft, 3-4 mins.

CUSTOM RECIPE

If you're adding **prawns** to your meal, add them to the pan with the **pepper**. Season and fry for 3-4 mins, then continue as instructed, making sure the **prawns** are cooked through in the next step.
IMPORTANT: Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.



Garnish and Serve

a) Share the **veggie noodle stir-fry** between your bowls.

b) Crush the **peanuts** in the unopened sachet using a rolling pin, then sprinkle over the top to finish.

Enjoy!