












Veggie Cashew Noodle Stir-Fry with Mangetout and Pepper

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

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-  Bell Pepper
-  Mangetout
-  Garlic Clove
-  Egg Noodle Nest
-  Coleslaw Mix
-  Red Thai Style Paste
-  Ketjap Manis
-  Soy Sauce
-  Cashew Nuts

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. Ingredients in **red** are hot!

Cooking tools

Saucepan, garlic press, sieve and frying pan.

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	187g	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
Cashew Nuts 2)	20g	40g	40g

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	Per serving	Per 100g
for uncooked ingredient	299g	100g
Energy (kJ/kcal)	2013 /481	674 /161
Fat (g)	10.6	3.6
Sat. Fat (g)	1.8	0.6
Carbohydrate (g)	79.8	26.7
Sugars (g)	25.3	8.5
Protein (g)	15.1	5.0
Salt (g)	5.18	1.73

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

Allergens

2) Nuts 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

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.



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

b) Once hot, add the **sliced pepper** and stir-fry until just soft, 3-4 mins.



Garnish and Serve

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

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

Enjoy!