



Fragrant Veggie Noodle Stir-Fry with Mushrooms, Tenderstem® and Cashews

Quick 20 Minutes • 2 of your 5 a day

18



Bell Pepper



Tenderstem® Broccoli



Lime



Cashew Nuts



Egg Noodle Nest



Sliced Mushrooms



Ginger, Garlic & Lemongrass Puree



Bulgogi Sauce



Soy Sauce



King Prawns

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you choose to add or double up on 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

Kettle, saucepan, rolling pin, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Tenderstem® Broccoli**	80g	120g	150g
Lime**	1	1	1
Cashew Nuts 2)	40g	50g	50g
Egg Noodle Nest 8) 13)	125g	187g	250g
Sliced Mushrooms**	120g	180g	240g
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Bulgogi Sauce 11)	100g	150g	200g
Soy Sauce 11) 13)	25ml	40ml	50ml
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	385g	100g	460g	100g
Energy (kJ/kcal)	2158 /516	561 /134	2378 /568	517 /124
Fat (g)	13.9	3.6	14.6	3.2
Sat. Fat (g)	2.7	0.7	3.0	0.6
Carbohydrate (g)	80.3	20.9	80.3	17.5
Sugars (g)	24.2	6.3	24.2	5.3
Protein (g)	17.2	4.5	29.0	6.3
Salt (g)	4.44	1.15	5.34	1.16

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
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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Get Prepped

- Boil a half-full kettle.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Cut the **Tenderstem®** into thirds.
- Cut the **lime** into wedges.
- Crush the **cashews** in the unopened sachet using a rolling pin.



Sauce Things Up

- Stir in the **ginger, garlic & lemongrass puree** and cook for 1 min more.
- Add the **bulgogi sauce, soy sauce, and water for the sauce** (see pantry for amount) to the pan.

CUSTOM RECIPE

If you're adding **prawns** to your meal, drain them, then add to the pan with the **ginger, garlic & lemongrass puree**. Continue as instructed, making sure the **prawns** are cooked through in step 5. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.*



Cook the Noodles and Veg

- Bring a large saucepan of **water** to the boil with $\frac{1}{4}$ **tsp salt**.
- When boiling, add the **noodles** and **broccoli** to the **water** and cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



All Together Now

- Stir to combine and simmer until slightly thickened, 2-3 mins.
- Add the **cooked noodles** and a good squeeze of **lime juice** from a **lime wedge** to the pan. Toss to coat in the **sauce**, 1 min.



Get Stir-Frying

- While the **noodles** cook, heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **sliced mushrooms** and **pepper**. Season with **salt** and **pepper**. Stir-fry until starting to soften, 6-8 mins.



Garnish and Serve

- When ready, share your **veggie stir-fry** between your serving bowls.
- Scatter over the **cashews** and serve with any remaining **lime wedges** for squeezing over.

Enjoy!