



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

23

Calorie Smart 20 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories



Tenderstem®
Broccoli



Green Beans



Garlic Clove



Lime



Egg Noodle
Nest



Ketjap Manis



Soy Sauce



Peanut Butter



Coleslaw Mix



Red Thai
Style Paste



Salted Peanuts



King Prawns

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose 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. Ingredients in red are hot!

Cooking tools

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

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)	125g	187g	250g
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
King Prawns**	150g	225g	300g
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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	401g	100g	476g	100g
Energy (kJ/kcal)	2382 / 569	594 / 142	2602 / 622	547 / 131
Fat (g)	20.8	5.2	21.5	4.5
Sat. Fat (g)	3.6	0.9	3.9	0.8
Carbohydrate (g)	73.3	18.3	73.3	15.4
Sugars (g)	18.8	4.7	18.8	4.0
Protein (g)	21.2	5.3	33.0	6.9
Salt (g)	4.47	1.12	5.37	1.13

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
Point™ values based on low-cal cooking spray oil.

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.

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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** (see ingredients for amount).



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.

CUSTOM RECIPE

If you've chosen to add **king prawns**, drain them, then add them to the pan with the **coleslaw mix**. The **prawns** will cook 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.



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 to keep the **veg** vibrant.



Combine and Stir

- Add the **peanut sauce** 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** and 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). Stir well, then 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!



WeightWatchers