



Fragrant Veg Noodle Stir-Fry with Mushrooms, Tenderstem® and Peanuts

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



Bell Pepper



Tenderstem®
Broccoli



Lime



Salted Peanuts



Egg Noodle
Nest



Sliced
Mushrooms



Ginger, Garlic &
Lemongrass Puree



Soy Sauce



Bulgogi Sauce



Diced Chicken
Breast

Pantry Items

Oil, Salt, Pepper

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.

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Tenderstem® Broccoli**	80g	120g	150g
Lime**	1	1	1
Salted Peanuts 1)	25g	40g	40g
Egg Noodle Nest 8) 13)	125g	187g	250g
Sliced Mushrooms**	120g	180g	240g
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Soy Sauce 11) 13)	25ml	40ml	50ml
Bulgogi Sauce 11)	100g	150g	200g
Diced Chicken Breast**	260g	390g	520g

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	377g	100g	507g	100g
Energy (kJ/kcal)	1981/473	525/125	2628/628	518/124
Fat (g)	11.1	3.0	13.5	2.7
Sat. Fat (g)	2.1	0.5	2.7	0.5
Carbohydrate (g)	74.8	19.8	74.9	14.8
Sugars (g)	22.1	5.8	22.2	4.4
Protein (g)	17.4	4.6	48.9	9.6
Salt (g)	4.72	1.25	4.91	0.97

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

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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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, cutting any thick stems lengthways.
- Cut the **lime** into wedges. Crush the **peanuts** 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 **soy sauce, bulgogi** and **water for the sauce** (see pantry for amount) to the pan.



Cook the Noodles

- Bring a large saucepan of **water** to the boil with $\frac{1}{4}$ **tsp salt** for the **noodles**.
- 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.

CUSTOM RECIPE

If you've chosen to add **diced chicken** to your meal, add it to the pan before the **veg** and cook for 2-3 mins, then add the **veg** and cook for 6-8 mins until the **chicken** is cooked through.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Garnish and Serve

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

Enjoy!