

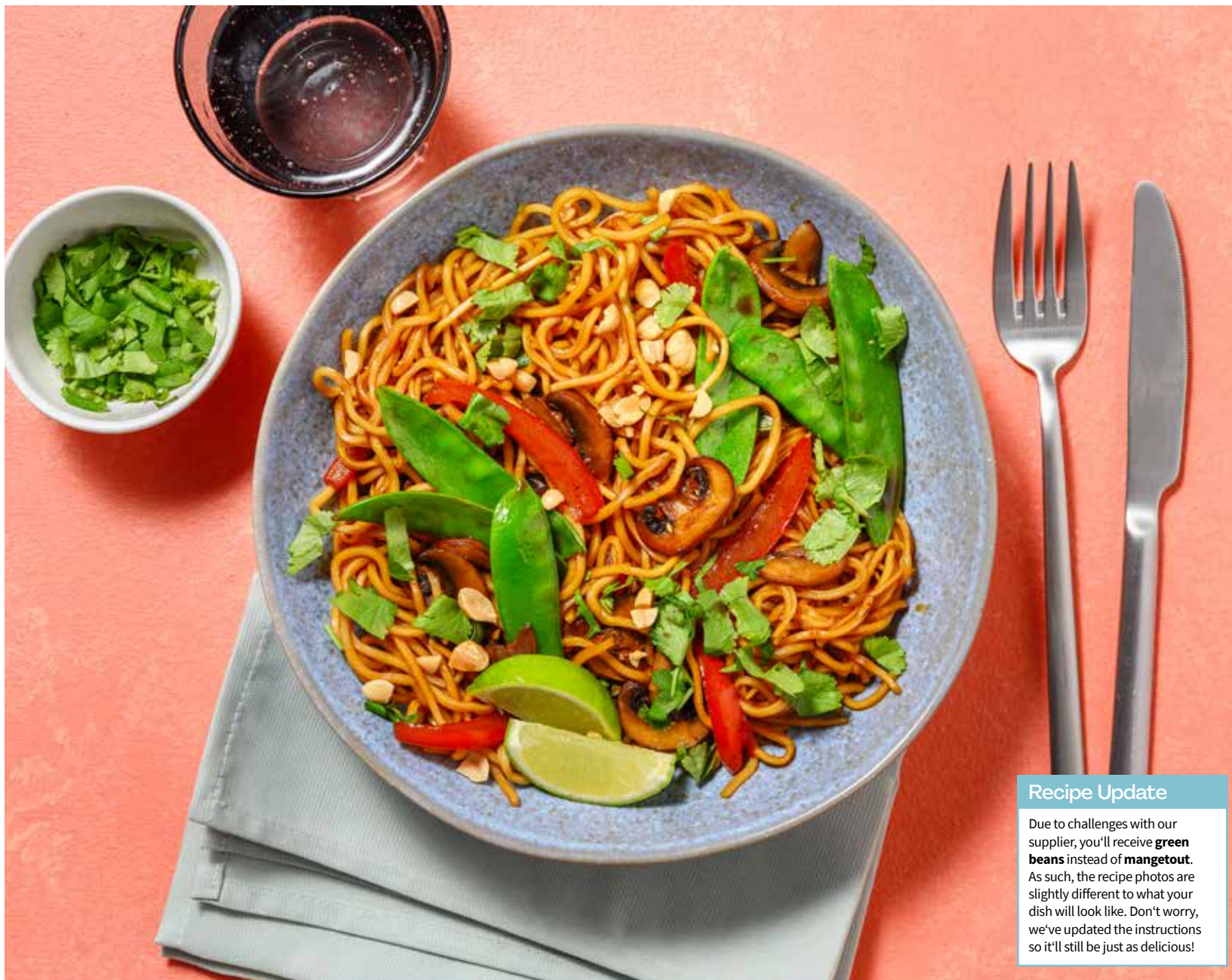


Sticky Thai Style Veggie Noodles

with Green Beans, Mushrooms and Coriander

20

Quick 20 Minutes • **Medium Spice** • 3 of your 5 a day • Veggie



-  Green Beans
-  Egg Noodle Nest
-  Bell Pepper
-  Lime
-  Garlic Clove
-  Coriander
-  Sliced Mushrooms
-  Thai Style Spice Blend
-  Soy Sauce
-  Ketjap Manis
-  Salted Peanuts
-  Diced Chicken Breast

Recipe Update

Due to challenges with our supplier, you'll receive **green beans** instead of **mangetout**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

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. Ingredients in red are hot!

Cooking tools

Saucepan, sieve, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Egg Noodle Nest 8 13	125g	187g	250g
Bell Pepper***	1	1½	2
Lime**	1	1	1
Garlic Clove**	2	3	3
Coriander**	1 bunch	1 bunch	1 bunch
Sliced Mushrooms**	180g	300g	360g
Thai Style Spice Blend 3	1 sachet	1 sachet	2 sachets
Soy Sauce 11 13	25ml	40ml	50ml
Ketjap Manis 11	50g	75g	100g
Salted Peanuts 1	25g	40g	40g

Diced Chicken Breast**	1 pack	1 pack	1 pack
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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	386g	100g	516g	100g
Energy (kJ/kcal)	1877 / 449	487 / 116	2525 / 603	490 / 117
Fat (g)	8.4	2.2	10.8	2.1
Sat. Fat (g)	1.8	0.5	2.5	0.5
Carbohydrate (g)	76.9	19.9	77.0	14.9
Sugars (g)	21.5	5.6	21.6	4.2
Protein (g)	17.0	4.4	48.5	9.4
Salt (g)	5.17	1.34	5.37	1.04

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


Allergens

1) Peanut **3)** Sesame **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, cereals containing 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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Cook the Noodles

- Bring a large saucepan of **water** to the boil with **¼ tsp salt**. Trim the **green beans**.
- When boiling, add the **noodles** and **green beans** to the **water** and cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop the **noodles** sticking together.



Prep Time

- Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Quarter the **lime**. Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **coriander** (stalks and all).



Get Stir-Frying

- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **sliced pepper** and **sliced mushrooms**. Fry until slightly charred and soft, 5-6 mins. Continue to stir while it cooks. Season with **salt** and **pepper**.
- Add the **garlic** and **Thai style spice blend** to the pan. Cook until fragrant, 1 min.

CUSTOM RECIPE

If you've chosen to add **diced chicken** to your meal, add it to the pan before the **veg**. Cook until browned all over, 5-6 mins, then add the **veg** to the pan and continue as instructed.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Sauce Things Up

- Add the **soy sauce**, **ketjap manis** and **water for the sauce** (see pantry for amount) to the **veg**.
- Stir together and cook until the **sauce** has thickened slightly, 2-3 mins.



Finishing Touches

- Stir the **cooked noodles** and **green beans** through the **fragrant sauce** and toss until well combined.



Serve Up

- Share the **sticky Thai style noodles** between your bowls.
- Sprinkle over the **peanuts** and **coriander**.
- Squeeze over some **lime juice** to finish.

Enjoy!