



# Yellow Thai Style Peanut Veg Noodles with Bell Pepper and Tenderstem® Broccoli

17

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



Egg Noodle Nest



Peanut Butter



Soy Sauce



Ketjap Manis



Tenderstem® Broccoli



Bell Pepper



Lime



Salted Peanuts



Yellow Thai Style Paste



Thai Style Spice Blend



Diced Chicken Breast

### 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.

## Cooking tools

Kettle, measuring jug, saucepan, sieve, bowl, frying pan and rolling pin.

## Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest <b>8) 13)</b>	125g	187g	250g
Peanut Butter <b>1)</b>	30g	45g	60g
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
Ketjap Manis <b>11)</b>	25g	37g	50g
Tenderstem® Broccoli**	150g	230g	300g
Bell Pepper***	1	2	2
Lime**	1	1.5	2
Salted Peanuts <b>1)</b>	25g	40g	40g
Yellow Thai Style Paste	45g	67g	90g
Thai Style Spice Blend <b>3)</b>	1 sachet	1 sachet	2 sachets
Diced Chicken Breast**	1 pack	1 pack	1 pack
Pantry	2P	3P	4P
Sugar*	1½ tsp	2 tsp	2½ tsp
Boiled Water for the Sauce*	100ml	150ml	200ml

\*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	368g	100g	498g	100g
Energy (kJ/kcal)	2377 /568	647 /155	3024 /723	608 /145
Fat (g)	20.0	5.4	22.4	4.5
Sat. Fat (g)	3.6	1.0	4.2	0.8
Carbohydrate (g)	74.1	20.2	74.3	14.9
Sugars (g)	18.1	4.9	18.2	3.7
Protein (g)	22.1	6.0	53.5	10.8
Salt (g)	4.38	1.19	4.58	0.92

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.

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

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## Boil the Noodles

- Boil a full kettle.
- Pour the **boiled water for the sauce** (see pantry for amount) into a measuring jug.
- Pour the remaining **boiled water** into a medium saucepan with  $\frac{1}{4}$  **tsp salt** and bring back to the boil. Add the **noodles** 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.



## Add the Flavour

- When the **veg** has softened, lower the heat to medium.
- Stir in the **yellow Thai style paste** and **Thai style spice blend** to the pan. Cook until fragrant, 1 min.
- Stir through the **peanut butter sauce** and simmer until slightly reduced, 2-3 mins.



## Do the Prep

- Meanwhile, in a small bowl, combine the **peanut butter**, **soy sauce**, **ketjap manis**, **sugar** and **boiled water for the sauce** (see pantry for both amounts).
- Stir until well combined. **TIP:** *If your peanut butter has hardened, pop it in a bowl of hot water for 1 min.* Set aside your **peanut butter sauce**.
- Next, cut the **Tenderstem®** into thirds. Halve any thick **broccoli stems** lengthways.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.



## Combine and Stir

- Add the **cooked noodles** to the pan and toss to coat in the **sauce**, 1-2 mins.
- Squeeze in **half the lime juice**, then remove from the heat. Add a splash of **water** if you feel it needs it.
- Taste and add more **salt**, **pepper** or **lime juice** if needed.



## Fry the Veg

- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **broccoli** and **sliced pepper** and stir-fry until just soft, 6-7 mins.
- While the **veg** softens, cut the **lime** into wedges. Crush the **peanuts** in the unopened sachet using a rolling pin.

## CUSTOM RECIPE

If you've chosen to add **chicken**, add it to the pan before the **veg**. Cook for 2-3 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 on the inside.*



## Serve Up

- Share the **yellow Thai style noodles** between your serving bowls.
- Sprinkle over the **peanuts**.
- Serve with any remaining **lime wedges** to finish.

## Enjoy!