

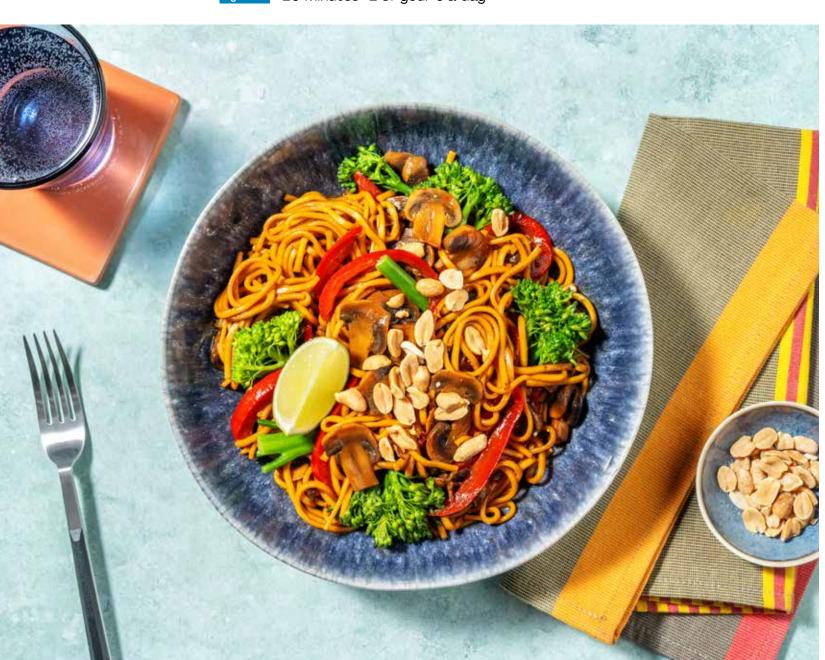
Fragrant Veggie Noodle Stir-Fry

with Mushrooms, Tenderstem® and Peanuts



20 Minutes • 2 of your 5 a day







Bell Pepper





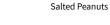




Sliced Mushrooms

Soy Sauce

Lime





Egg Noodle





Ginger, Garlic & Lemongrass Puree



Ketjap Manis



Honey



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

 $\label{eq:Kettle} \textit{Kettle}, \textit{rolling}\, \textit{pin}, \textit{saucepan}, \textit{sieve}\, \textit{and}\,\, \textit{frying}\, \textit{pan}$

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 |
| Ketjap Manis 11) | 50g | 75g | 100g |
| Honey | 15g | 22g | 30g |
| Diced Chicken Breast** | 1 | 1 | 1 |
| 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 youget the best quality pepper.

Nutrition

| | | | Custom Recipe | |
|----------------------------|----------------|-------------|----------------|-------------|
| Typical Values | Per serving | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 360g | 100g | 490g | 100g |
| Energy (kJ/kcal) | 1983 /474 | 551/132 | 2630 /629 | 537/128 |
| Fat (g) | 8.7 | 2.4 | 11.1 | 2.3 |
| Sat. Fat (g) | 1.9 | 0.5 | 2.5 | 0.5 |
| Carbohydrate (g) | 82.0 | 22.8 | 82.2 | 16.8 |
| Sugars (g) | 27.3 | 7.6 | 27.4 | 5.6 |
| Protein (g) | 17.0 | 4.7 | 48.5 | 9.9 |
| Salt (g) | 5.47 | 1.52 | 5.66 | 1.16 |
| | | | | |

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, 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

HelloFresh UK Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Get Prepped

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



Cook the Noodles

- a) Pour the **boiled water** (see pantry for amount) into a large saucepan with ½ **tsp salt** and bring back to the boil on high heat.
- **b)** When your pan of **water** is boiling, add the **noodles** and cook until tender. 4 mins.
- **c)** Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Stir-Fry the Veg

- **a)** While the **noodles** cook, heat a drizzle of **oil** in a large frying pan on high heat.
- **b)** Once hot, add the **mushrooms**, **pepper** and **broccoli**. 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.



Sauce Things Up

- a) Stir in the ginger, garlic & lemongrass puree and cook for 1 min more.
- b) Add the soy sauce, ketjap manis, honey and water for the sauce (see pantry for amount) to the pan. TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.



Bring it All Together

- **a)** Stir to combine and simmer until slightly thickened, 2-3 mins.
- **b)** 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.



Garnish and Serve

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

Enjoy!