



Ginger Sesame Veg Noodles

with Portobello Mushrooms and Tenderstem® Broccoli

Classic 25-30 Minutes • 2 of your 5 a day

4



Portobello Mushrooms



Tenderstem® Broccoli



Carrot



Ginger Puree



Egg Noodle Nest



Ginger, Garlic & Lemongrass Puree



Soy Sauce



Ketjap Manis



Honey



Roasted White Sesame Seeds



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Butter, Tomato Ketchup

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

Frying pan, peeler, baking tray, kettle, saucepan, sieve, and lid.

Ingredients

Ingredients	2P	3P	4P
Portobello Mushrooms**	2	3	4
Tenderstem® Broccoli**	150g	200g	300g
Carrot**	1	2	2
Ginger Puree	15g	22g	30g
Egg Noodle Nest 8 13	125g	187g	250g
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Soy Sauce 11 13	25ml	40ml	50ml
Ketjap Manis 11	50g	75g	100g
Honey	15g	22g	30g
Roasted White Sesame Seeds 3	5g	7g	10g
Diced Chicken Breast**	1 pack	1 pack	1 pack

Pantry	2P	3P	4P
Butter*	20g	30g	40g
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	382g	100g	512g	100g
Energy (kJ/kcal)	2168 / 518	568 / 136	2815 / 673	550 / 131
Fat (g)	12.0	3.1	14.3	2.8
Sat. Fat (g)	6.3	1.6	6.9	1.4
Carbohydrate (g)	83.7	21.9	83.8	16.4
Sugars (g)	31.1	8.1	31.2	6.1
Protein (g)	16.2	4.2	47.7	9.3
Salt (g)	6.47	1.69	6.66	1.3

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

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.

You can recycle me!

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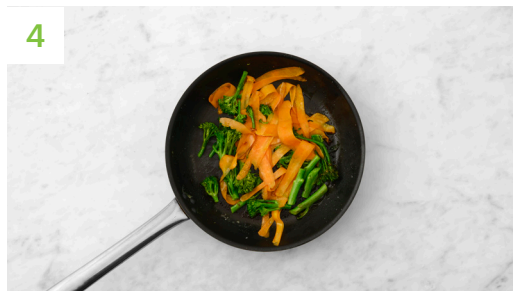
Portobello Road

Preheat your oven to 220°C/200°C fan/gas mark 7.

Remove the stems from the **portobello mushrooms** (but leave the mushroom whole).

Heat a drizzle of **oil** in a large frying pan on high heat.

Fry the **mushrooms** until golden brown, 4-5 mins, then turn over and cook for a further 4-5 mins. Season with **salt** and **pepper**.



Fry the Veg

Once the **oil** is hot, add the **Tenderstem®** and stir-fry for 2-3 mins. Add a splash of **water**, then cover with a lid (or foil) and cook until tender, 2-3 mins more.

Remove the lid, then add the **carrot ribbons** and **ginger, garlic & lemongrass puree** and cook for 30 secs.

CUSTOM RECIPE

If you're adding **chicken**, add it to the pan before the **broccoli**. Fry until golden and cooked through, 8-10 mins, then set aside. Add back into the pan with the **noodles** in the next step. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Finish the Prep

Meanwhile, cut the **broccoli** into thirds, halving any thick stems lengthways.

Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

Reduce the heat to low, then add the **ginger puree** and **butter** (see pantry for amount) to the pan. Baste the **mushrooms** by gently spooning over the **ginger butter**.

Transfer the **mushrooms**, stem-side up, to a medium baking tray. Once the oven is hot, bake on the top shelf until tender, 8-10 mins.



Add the Flavour

Stir the **soy sauce**, **ketjap manis**, **honey**, **tomato ketchup** and **water for the sauce** (see pantry for both amounts) to the pan. Bring to a boil, then simmer for 2-3 mins. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Add the **cooked noodles** to the pan and simmer until piping hot, tossing to coat in the **sauce**, 1-2 mins.

When ready, thinly slice the **cooked mushrooms**.



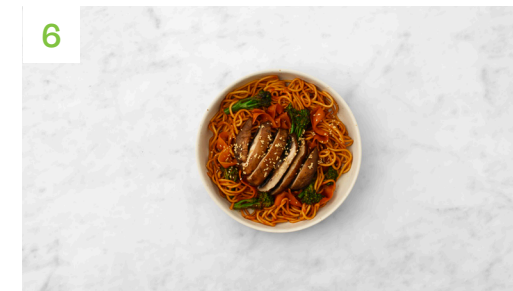
Cook the Noodles

Meanwhile, boil a full kettle for the **noodles**.

Pour the **boiled water** into a medium saucepan with $\frac{1}{2}$ **tsp salt** and bring to a boil. Add the **noodles** and cook until tender, 4 mins.

Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.

While everything cooks, return the (now empty) frying pan to medium-high heat with a drizzle of **oil** (no need to clean).



Serve Up

Share the **veg noodles** between your bowls and top with the **sliced mushrooms**.

Sprinkle over the **roasted sesame seeds** to finish.

Enjoy!