



# Sticky Thai Style Veggie Noodles

with Mangetout, Mushrooms and Coriander

23

Calorie Smart 20 Minutes • Medium Spice • 3 of your 5 a day • Under 650 Calories



Egg Noodle Nest



Bell Pepper



Lime



Garlic Clove



Coriander



Sliced Mushrooms



Thai Style Spice Blend



Soy Sauce



Ketjap Manis



Mangetout



Salted Peanuts



King Prawns

#### 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
Egg Noodle Nest <b>8</b> <b>13</b>	2 nests	3 nests	4 nests
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 <b>3</b>	1 sachet	1 sachet	2 sachets
Soy Sauce <b>11</b> <b>13</b>	25ml	40ml	50ml
Ketjap Manis <b>11</b>	50g	75g	100g
Mangetout**	80g	150g	150g
Salted Peanuts <b>1</b>	25g	40g	40g
<b>King Prawns** 5</b>	<b>150g</b>	<b>225g</b>	<b>300g</b>
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
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, orange or green to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>386g</b>	<b>100g</b>	<b>461g</b>	<b>100g</b>
Energy (kJ/kcal)	1887 / 451	490 / 117	2054 / 491	446 / 107
Fat (g)	8.4	2.2	8.8	1.9
Sat. Fat (g)	1.8	0.5	2.0	0.4
Carbohydrate (g)	77.0	20.0	77.0	16.7
Sugars (g)	21.6	5.6	21.6	4.7
Protein (g)	17.6	4.6	26.5	5.8
Salt (g)	5.26	1.36	6.27	1.36

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

## Allergens

**1)** Peanut **3)** Sesame **5)** Crustaceans **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. Be careful when adding water to hot pans while cooking.

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

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## Cook the Noodles

- Bring a large saucepan of **water** to the boil with **½ tsp salt**.
- When boiling, 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.



## 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).



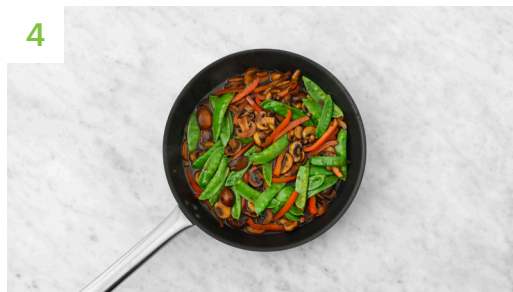
## Get Stir-Frying

- 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** (add less if you'd prefer things milder) to the pan. Cook until fragrant, 1 min.

## CUSTOM RECIPE

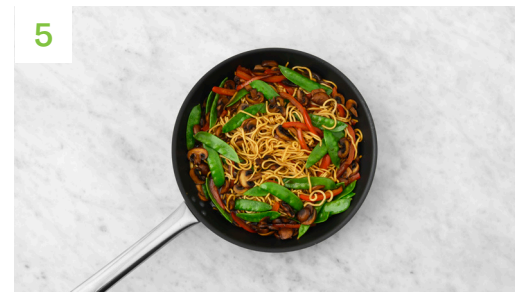
If you're adding **prawns**, drain them, then add them to the pan with the **veg**. Continue as instructed, the **prawns** will cook through while stir-frying.

**IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.



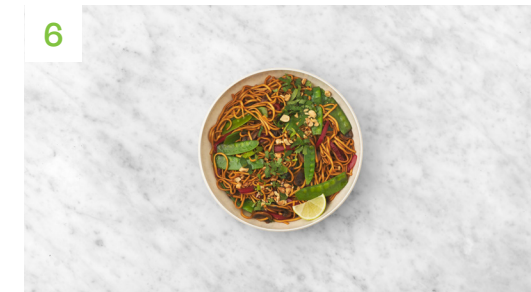
## Sauce Things Up

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



## Finishing Touches

- Stir the **cooked noodles** through the **fragrant sauce** and toss until well combined.
- Taste and season with **salt** and **pepper**.



## 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!