



Sweet and Sticky King Prawn Noodles with Mushrooms and Green Beans

Customised 25-30 Minutes • 1 of your 5 a day

39B



Green Beans



Spring Onion



Garlic Clove



King Prawns



Egg Noodle Nest



Sliced Mushrooms



Coleslaw Mix



Ketjap Manis



Rice Vinegar



Cornflour

CUSTOMISED RECIPE

If you chose to customise your recipe, then just follow the instructions on the back of this card.
Happy cooking!

Pantry Items
Oil, Salt, Pepper, Tomato Ketchup, Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, sieve, frying pan and measuring jug.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Spring Onion**	1	2	2
Garlic Clove**	2	3	4
King Prawns** 5)	150g	225g	300g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Sliced Mushrooms**	80g	120g	180g
Coleslaw Mix**	120g	180g	240g
Ketjap Manis 11)	50g	75g	100g
Rice Vinegar	30ml	44ml	66ml
Cornflour	10g	15g	20g

Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	4 tbsp	4 tbsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	405g	100g
Energy (kJ/kcal)	1825 /436	451 /108
Fat (g)	2.0	0.5
Sat. Fat (g)	0.8	0.2
Carbohydrate (g)	81.8	20.2
Sugars (g)	26.2	6.5
Protein (g)	20.7	5.1
Salt (g)	4.46	1.10

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

Allergens

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.

Contact

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Get Prepped

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **noodles**.

Trim and halve the **green beans**. Trim and thinly slice the **spring onion**.

Peel and grate the **garlic** (or use a garlic press). Drain the **prawns**. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns.*



Make the Sauce

While everything cooks, in a measuring jug, combine the **ketjap manis**, **rice vinegar** and **cornflour**. Mix well until smooth.

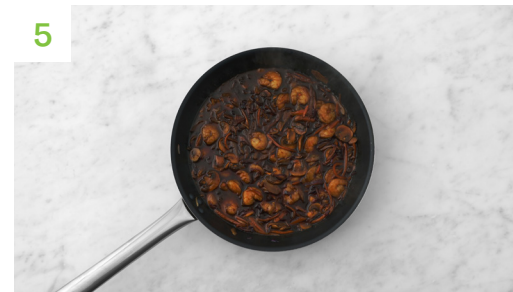
Once smooth, add the **ketchup**, **sugar** and **water for the sauce** (see pantry for all three amounts). Season with **salt** and **pepper** and mix until well combined.



Cook the Noodles and Beans

Once boiling, add the **noodles** and **green beans** to the pan of **boiling water**. Cook until tender, 4 mins.

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



Sauce Things Up

Once your **prawns** and **veg** are cooked, add the **garlic** and fry, 1 min more.

Lower the heat to medium, then add the **sticky sauce**. Stir to combine and simmer until the **sauce** has reduced slightly, 2-3 mins.

Remove from the heat, then taste and season with **salt** and **pepper** if needed. Add a splash of **water** if you feel it needs it.



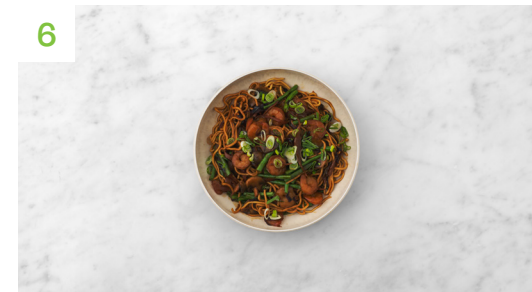
Start the Stir-Fry

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

Once hot, add the **mushrooms** and **coleslaw mix** and season with **salt** and **pepper**. Fry, stirring occasionally, until starting to brown, 4-5 mins.

Stir in the **prawns**, adding a drizzle of more **oil** if needed.

Fry until the **prawns** are cooked and the **veg** is starting to soften, 4-5 mins. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*



Finish and Serve

Add the **cooked noodles** and **beans** to the **prawn stir-fry** and toss to coat well in the **sauce**.

Share the **sticky prawn noodles** between your bowls. Sprinkle over the **spring onion** to finish.

Enjoy!