



Yellow Thai Style Veg Noodles

with Bell Pepper and Tenderstem® Broccoli

23

Calorie Smart 20 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories



Egg Noodle Nest



Peanut Butter



Soy Sauce



Ketjap Manis



Tenderstem® Broccoli



Bell Pepper



Carrot



Lime



Yellow Thai Style Paste



Thai Style Spice Blend



King Prawns

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. Ingredients in red are hot!

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest 8 13	125g	187g	250g
Peanut Butter 1	30g	45g	60g
Soy Sauce 11 13	15ml	25ml	30ml
Ketjap Manis 11	25g	37g	50g
Tenderstem® Broccoli**	150g	230g	300g
Bell Pepper***	1	2	2
Carrot**	1	1½	2
Lime**	1	1½	2
Yellow Thai Style Paste	45g	67g	90g
Thai Style Spice Blend 3	1 sachet	1 sachet	2 sachets
King Prawns** 5	150g	225g	300g
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, orange or green to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	410g	100g	485g	100g
Energy (kJ/kcal)	2079 /497	508 /121	2246 /537	464 /111
Fat (g)	13.6	3.3	14.0	2.9
Sat. Fat (g)	2.4	0.6	2.6	0.5
Carbohydrate (g)	72.1	17.6	72.1	14.9
Sugars (g)	20.8	5.1	20.8	4.3
Protein (g)	19.2	4.7	28.2	5.8
Salt (g)	4.31	1.05	5.32	1.10

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, mollusc, 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.

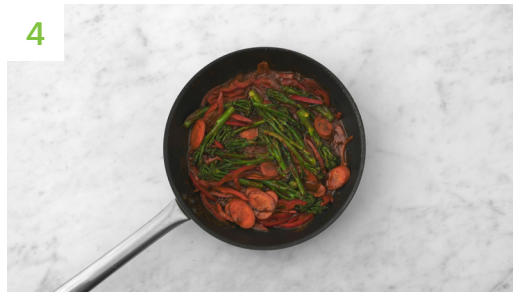
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Boil the Noodles

- 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 **½ 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** (add less if you'd prefer things milder) 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 the **bell pepper** and discard the core and seeds. Slice into thin strips. Trim the **carrot**, then slice into ½ cm thick rounds (no need to peel).



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. **TIP:** Add a splash of water if you feel it needs it.
- Taste and add more **salt**, **pepper** and **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**, **carrot** and **sliced pepper** and stir-fry until just soft, 6-7 mins.
- While the **veg** softens, cut the **lime** into wedges.

CUSTOM RECIPE

If you're adding **prawns**, drain them, then add to the pan with the **veg**. Fry, 4-5 mins instead, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



Serve Up

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

Enjoy!