



Sticky Mango Paneer Noodles with Stir-Fried Veg

Quick 20-25 Minutes • **Medium Spice** • 1 of your 5 a day

17



Paneer



Onion



Egg Noodle Nest



Garlic Clove



Thai Style Spice Blend



Coleslaw Mix



Mango Chutney



Bulgogi Sauce



Soy Sauce



Diced British Chicken Breast

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SMEG KITCHENWARE



INSTANT WINS



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Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, 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

Frying pan, saucepan, sieve and garlic press.

Ingredients

Ingredients	2P	3P	4P
Paneer** 7)	226g	339g	452g
Onion**	1	2	2
Egg Noodle Nest 8) 13)	125g	187g	250g
Garlic Clove**	2	3	4
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Coleslaw Mix**	120g	180g	240g
Mango Chutney	40g	60g	80g
Bulgogi Sauce 11)	75g	100g	150g
Soy Sauce 11) 13)	25ml	40ml	50ml
Diced British Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Oil for Cooking*	1 tbsp	1½ tbsp	2 tbsp
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	453g	100g	470g	100g
Energy (kJ/kcal)	3583 / 856	792 / 189	2590 / 619	552 / 132
Fat (g)	38.5	8.5	9.6	2.0
Sat. Fat (g)	20.9	4.6	1.9	0.4
Carbohydrate (g)	89.6	19.8	85.1	18.1
Sugars (g)	38.7	8.6	34.4	7.3
Protein (g)	36.5	8.1	44.4	9.5
Salt (g)	5.38	1.19	5.01	1.07

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

3) Sesame 7) Milk 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.

Contact

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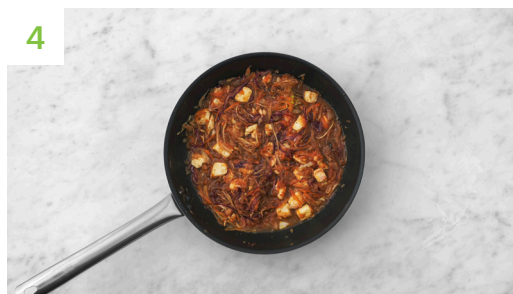


Get Started

- Cut the **paneer** into 1cm cubes. Halve, peel and chop the **onion** into small pieces.
- Heat the **oil for cooking** (see pantry for amount) in a large frying pan on medium-high heat. Once hot, add the **paneer** and **onion** to the pan and season with **salt** and **pepper**.
- Stir-fry until the **paneer** is golden all over and the **onion** is softened, 5-8 mins.

↔ Swap to Chicken Breast

If you've chosen **chicken** instead, add it to the pan with the **onion**. Fry, 5-6 mins, then continue as instructed. The **chicken** will cook through while simmering. **IMPORTANT: Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.**



Build the Flavour

- Stir the **mango chutney**, **bulgogi**, **soy**, **ketchup** and **water for the sauce** (see pantry for both amounts) into the **paneer** pan.
- Bring to a boil, then reduce the heat and simmer until thickened, 3-4 mins.
- Season with **salt** and **pepper**.



Boil 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.



All Together Now

- When the **noodles** are ready, stir them into the **sauce** until well combined.
- Add a splash of **water** if you feel it needs it.



Get Frying

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Once the **paneer** is golden, add the **Thai style spice blend** (add less if you'd prefer things milder), **garlic** and **coleslaw** to the pan. Fry for 1 min.



Serve

- Share the **mango paneer noodles** between your serving bowls.

Enjoy!

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