



# Sweet Chilli and Peanut Prawn Noodles

with Mushrooms and Carrots

28

Calorie Smart 20-25 Minutes • 1 of your 5 a day • Under 650 Calories



## CATCH & COOK

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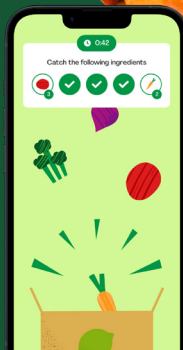
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SMEG KITCHENWARE



INSTANT WINS



## CATCH & COOK



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Egg Noodle Nest



Carrot



King Prawns



Sliced Mushrooms



Garlic Clove



Peanut Butter



Ketjap Manis



Sweet Chilli Sauce



Soy Sauce



Lime



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, kettle, frying pan, garlic press and measuring jug.

## Ingredients

| Ingredients                        | 2P    | 3P    | 4P    |
|------------------------------------|-------|-------|-------|
| Egg Noodle Nest <b>8</b> <b>13</b> | 125g  | 187g  | 250g  |
| Carrot**                           | 1     | 2     | 2     |
| King Prawns** <b>5</b>             | 150g  | 225g  | 300g  |
| Sliced Mushrooms**                 | 120g  | 180g  | 240g  |
| Garlic Clove**                     | 2     | 3     | 4     |
| Peanut Butter <b>1</b>             | 30g   | 45g   | 60g   |
| Ketjap Manis <b>11</b>             | 25g   | 37g   | 50g   |
| Sweet Chilli Sauce                 | 48g   | 80g   | 96g   |
| Soy Sauce <b>11</b> <b>13</b>      | 25ml  | 40ml  | 50ml  |
| Lime**                             | 1     | 1     | 1     |
| King Prawns** <b>5</b>             | 150g  | 225g  | 300g  |
| Pantry                             | 2P    | 3P    | 4P    |
| Boiled Water for the Sauce*        | 125ml | 190ml | 250ml |

\*Not Included \*\*Store in the Fridge

## Nutrition

| Typical Values          | Custom Recipe |           |             |           |
|-------------------------|---------------|-----------|-------------|-----------|
|                         | Per serving   | Per 100g  | Per serving | Per 100g  |
| for uncooked ingredient | 426g          | 100g      | 501g        | 100g      |
| Energy (kJ/kcal)        | 2034 / 486    | 478 / 114 | 2201 / 526  | 439 / 105 |
| Fat (g)                 | 10.1          | 2.4       | 10.5        | 2.1       |
| Sat. Fat (g)            | 2.3           | 0.5       | 2.4         | 0.5       |
| Carbohydrate (g)        | 73.2          | 17.2      | 73.2        | 14.6      |
| Sugars (g)              | 22.8          | 5.3       | 22.8        | 4.5       |
| Protein (g)             | 25.5          | 6.0       | 34.4        | 6.9       |
| Salt (g)                | 5.57          | 1.31      | 6.58        | 1.31      |

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

## Allergens

**1)** Peanut **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.

## Contact

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## Boil the Noodles

- Bring a large saucepan of **water** to the boil with  $\frac{1}{2}$  **tsp salt** for the **noodles**.
- 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.



## Sauce Time

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- In a measuring jug, mix together the **peanut butter** and **boiled water for the sauce** (see pantry for amount) until smooth. Once smooth, stir in the **ketjap manis**, **sweet chilli** and **soy sauce** and mix until well combined.
- Add the **garlic** to the pan and fry until fragrant, 1 min.
- Pour in the **sauce** and bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins.



## Prep Time

- Meanwhile, boil a half-full kettle for the **sauce**.
- Trim the **carrot**, then halve lengthways (no need to peel). Slice widthways into pieces about  $\frac{1}{2}$  cm thick.
- Drain the **prawns**. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.

### CUSTOM RECIPE

If you've chosen to double up on **king prawns**, cook the recipe in the same way.



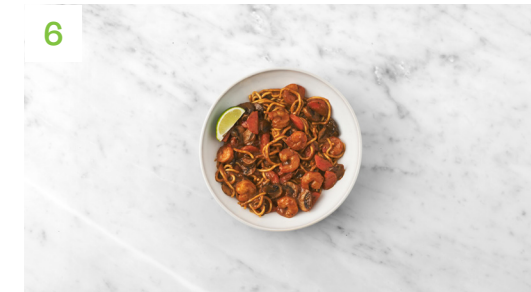
## Final Touches

- Meanwhile, cut the **lime** into wedges.
- Stir the **cooked noodles** into the pan until coated in the **sauce**. Add a squeeze of **lime juice** and stir to combine.
- Taste and add more **salt**, **pepper** and **lime juice** if needed.
- Add a splash of **water** if it's a little too thick.



## Get Frying

- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **prawns**, **carrot** and **mushrooms**. Fry, stirring occasionally, 5-6 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



## Serve

- Share the **sweet chilli and peanut prawn noodles** between your serving bowls.
- Serve with any remaining **lime wedges** for squeezing over.

## Enjoy!

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