



Fragrant Veggie Noodle Stir-Fry with Mushrooms and Tenderstem®

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

23



Bell Pepper



Tenderstem® Broccoli



Lime



Egg Noodle Nest



Sliced Mushrooms



Thai Style Spice Blend



Ginger, Garlic & Lemongrass Puree



Soy Sauce



Ketjap Manis



Honey



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper

+ Add Chicken Breast

If you chose to add diced 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.

Cooking tools

Kettle, fine grater, saucepan, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Tenderstem® Broccoli**	80g	120g	150g
Lime**	1	1	1
Egg Noodle Nest 8 13)	125g	187g	250g
Sliced Mushrooms**	120g	180g	240g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Soy Sauce 11 13)	25ml	40ml	50ml
Ketjap Manis 11)	50g	75g	100g
Honey	15g	22g	30g
Diced British Chicken Breast**	240g	390g	520g

Pantry	2P	3P	4P
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
for uncooked ingredient	348g	100g	478g	100g
Energy (kJ/kcal)	1626/389	467/112	2273/543	476/114
Fat (g)	2.1	0.6	4.4	0.9
Sat. Fat (g)	0.7	0.2	1.3	0.3
Carbohydrate (g)	77.0	22.1	77.1	16.1
Sugars (g)	26.9	7.7	27.1	5.7
Protein (g)	14.0	4.0	45.4	9.5
Salt (g)	5.43	1.56	5.62	1.18

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

Allergens

3) Sesame **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.

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

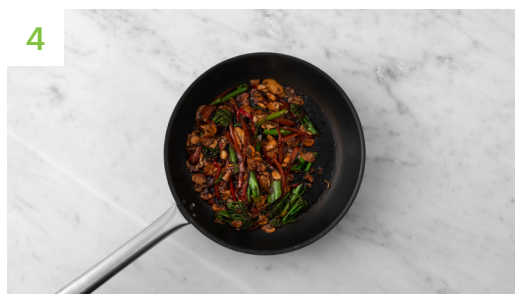
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Get Prepped

- Boil a half-full kettle.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Cut the **Tenderstem®** into thirds.
- Zest and cut the **lime** into wedges.



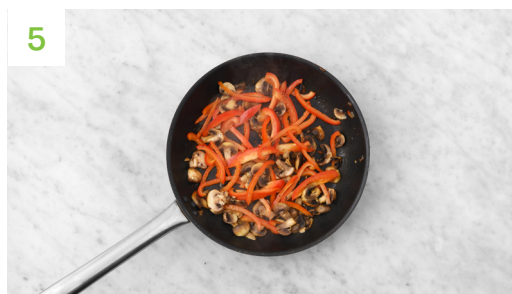
Sauce Things Up

- Stir in the **Thai style spice blend** (add less if you'd prefer things milder) and **ginger, garlic & lemongrass puree**. Cook for 1 min more.
 - Add the **soy sauce, ketjap manis, honey and water for the sauce** (see pantry for amount) to the pan.
- TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.



Cook the Noodles

- Pour the **boiled water** (see pantry for amount) into a large saucepan with $\frac{1}{2}$ **tsp salt** and bring back to the boil on high heat.
- When your pan of **water** is boiling, add the **noodles** and cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Bring it All Together

- Stir to combine the **sauce** and simmer until slightly thickened, 2-3 mins.
- Add the **cooked noodles** and a good squeeze of **lime juice** from a **lime wedge** to the pan. Toss to coat in the **sauce**, 1 min.

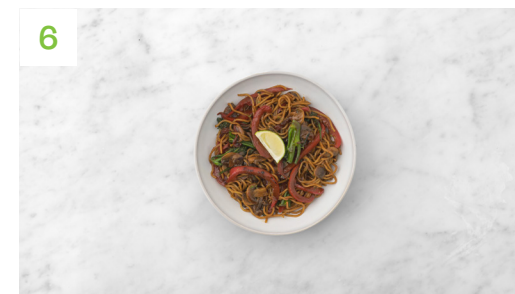


Stir-Fry the Veg

- While the **noodles** cook, heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **mushrooms, sliced pepper** and **broccoli**. Season with **salt** and **pepper**. Stir-fry until starting to soften, 6-8 mins.

+ Add Chicken Breast

If you're adding **chicken**, add it to the pan with the **veg**. Fry on medium-high heat, 8-10 mins instead, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Garnish and Serve

- When ready, share your **veggie stir-fry** between your serving bowls.
- Sprinkle over the **lime zest** and serve with any remaining **lime wedges** for squeezing over.

Enjoy!