



King Prawn and Mushroom Red Thai Inspired Noodles

with Tenderstem® Broccoli, Coriander and Peanuts

35

Ultimate 25-30 Minutes • Medium Spice • 2 of your 5 a day



Tenderstem® Broccoli



Pak Choi



Portobello Mushrooms



Garlic Clove



King Prawns



Egg Noodle Nest



Coriander



Salted Peanuts



Ginger Puree



Red Thai Style Paste



Ketjap Manis



Soy Sauce

Pantry Items
Oil, Salt, Pepper

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, garlic press, sieve, frying pan and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Tenderstem® Broccoli**	80g	150g	150g
Pak Choi**	1	2	2
Portobello Mushrooms**	2	3	4
Garlic Clove**	2	3	4
King Prawns** 5)	150g	225g	300g
Egg Noodle Nest 8) 13)	125g	187g	250g
Coriander**	1 bunch	1 bunch	1 bunch
Salted Peanuts 1)	25g	40g	50g
Ginger Puree	15g	22g	30g
Red Thai Style Paste	50g	75g	100g
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11) 13)	15ml	25ml	30ml

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	431g	100g
Energy (kJ/kcal)	2221/531	515/123
Fat (g)	12.8	3.0
Sat. Fat (g)	2.3	0.5
Carbohydrate (g)	74.3	17.2
Sugars (g)	20.4	4.7
Protein (g)	26.7	6.2
Salt (g)	6.82	1.58

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

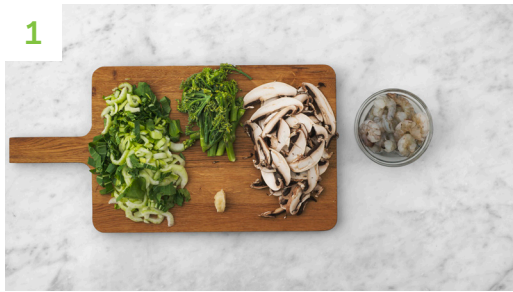
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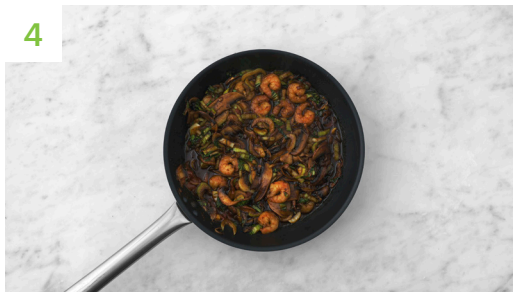
Get Prepped

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

Meanwhile, cut the **Tenderstem® broccoli** into thirds. Trim the **pak choy**, then thinly slice widthways. Thinly slice the **mushrooms**.

Peel and grate the **garlic** (or use a garlic press).

Drain the **prawns**. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.



Add the Flavour

Meanwhile, roughly chop the **coriander** (stalks and all). Crush the **peanuts** in the unopened sachet using a rolling pin.

Add the **garlic**, **pak choy**, **ginger puree** and **red Thai style paste** to the **prawn** pan. Cook until fragrant, 2-3 mins.

Stir in the **ketjap manis**, **soy sauce** and **water for the sauce** (see pantry for amount). Bring to the boil and simmer until thickened slightly, 2-3 mins.



Boil the Noodles

When boiling, add the **noodles** and **broccoli** to the **water** and bring back to the boil. Cook until tender, 4 mins.

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



All Together Now

Once the **sauce** has thickened, add the **cooked noodles** and **broccoli** to the pan. Toss to coat in the **sauce**.

Simmer until piping hot, 1-2 mins.

Remove from the heat, then stir through **half** the **coriander**.



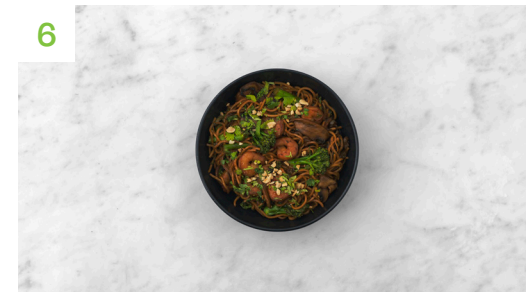
Time to Fry

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **mushrooms** to the pan and season with **salt** and **pepper**. Cook, stirring, until starting to soften, 3-4 mins.

Reduce the heat to medium-high and add the **prawns**.

Season with **salt** and **pepper** and stir-fry for 4-5 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



Serve Up

Share your **ultimate king prawn and mushroom noodles** between your bowls.

Garnish with the **peanuts** and remaining **coriander**.

Enjoy!