



Yellow Thai Style Veggie Noodles

with Tenderstem® Broccoli and Peanuts

23

Calorie Smart 25 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories



Tenderstem® Broccoli



Garlic Clove



Lime



Salted Peanuts



Egg Noodle Nest



Sliced Mushrooms



Thai Style Spice Blend



Yellow Thai Style Paste



Ketjap Manis



Soy Sauce



Coleslaw Mix



King Prawns

Pantry Items

Oil, Salt, Pepper, Honey

+ Add King Prawns

If you chose to add king prawns, then just follow the instructions on the back of this card.

Happy cooking!



Turmeric in combination with red chillies help make Thai Yellow different from the other colours of spice pastes in Thai cuisine, resulting in a milder flavour. Here, our Thai Yellow Style Veggie Noodles hero the veg.

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

Ingredients

| Ingredients | 2P | 3P | 4P |
|-------------------------------|-------------|-------------|-------------|
| Tenderstem® Broccoli** | 150g | 200g | 300g |
| Garlic Clove** | 2 | 3 | 4 |
| Lime** | 1 | 1½ | 2 |
| Salted Peanuts 1) | 25g | 40g | 50g |
| Egg Noodle Nest 8) 13) | 125g | 187g | 250g |
| Sliced Mushrooms** | 120g | 180g | 240g |
| Thai Style Spice Blend | 1 sachet | 1 sachet | 2 sachets |
| Yellow Thai Style Paste | 45g | 67g | 90g |
| Ketjap Manis 11) | 25g | 37g | 50g |
| Soy Sauce 11) 13) | 25ml | 30ml | 50ml |
| Coleslaw Mix** | 120g | 180g | 240g |
| King Prawns* 5) | 150g | 225g | 300g |
| Pantry | 2P | 3P | 4P |
| Honey* | 1 tbsp | 1½ tbsp | 2 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 | 423g | 100g | 498g | 100g |
| Energy (kJ/kcal) | 2031/485 | 480/115 | 2197/525 | 441/105 |
| Fat (g) | 11.9 | 2.8 | 12.3 | 2.5 |
| Sat. Fat (g) | 2.1 | 0.5 | 2.3 | 0.5 |
| Carbohydrate (g) | 72.8 | 17.2 | 72.8 | 14.6 |
| Sugars (g) | 20.9 | 4.9 | 20.9 | 4.2 |
| Protein (g) | 19.0 | 4.5 | 27.9 | 5.6 |
| Salt (g) | 5.46 | 1.29 | 6.47 | 1.30 |


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

Allergens

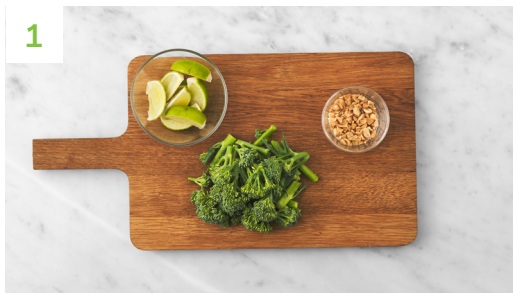
1) Peanut **5)** Crustaceans **8)** Egg **11)** Soya **13)** Cereals containing gluten

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.

 You can recycle me!

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Start the Prep

- Boil a full kettle.
- Cut the **Tenderstem® broccoli** into thirds. Peel and grate the **garlic** (or use a garlic press). Quarter the **lime** into wedges.
- Crush the **peanuts** in the unopened sachet using a rolling pin.



Add the Flavour

- Add the **garlic**, **Thai style spice blend** (add less if you'd prefer things milder) and **yellow Thai style paste** to the frying pan. Stir-fry for 1 min.
- Stir in the **ketjap manis**, **soy sauce**, **honey** and the **water for the sauce** (see pantry for both amounts). Stir in the **coleslaw mix**.
- Bring the the boil, then simmer until the **veg** are tender, 1-2 mins.



Cook the Noodles

- Pour the **boiled water** from the kettle into a medium saucepan with **½ tsp salt** and bring to a boil.
- 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.



Finishing Touches

- Add the **noodles** to the frying pan and stir to combine with the **sauce**.
- Warm through until piping hot, 1-2 mins.
- Remove the frying pan from the heat. Squeeze in **half the lime juice**.



Stir-Fry Time

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- When hot, add the **mushrooms** and **broccoli** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins.

+ Add King Prawns

If you're adding **prawns**, drain them, then add to the pan with the **veg**. Fry for the same amount of time, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



Serve

- Share the **noodle stir-fry** between bowls.
- Finish with a sprinkle of **peanuts** on top. Serve with any remaining **lime wedges** alongside for squeezing over.

Enjoy!