



# Veggie Peanut Noodle Stir-Fry with Tenderstem® Broccoli

**Quick** 20 Minutes • Mild Spice • 1 of your 5 a day

17



Tenderstem®  
Broccoli



Lime



Ketjap Manis



Peanut Butter



Red Thai Style  
Paste



King Prawns



Garlic Clove



Egg Noodle Nest



Soy Sauce



Coleslaw Mix



Salted Peanuts

### Pantry Items

Oil, Salt, Pepper, Sugar

### + Add King Prawns

If you chose to add king prawns,  
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, garlic press, sieve, kettle, measuring jug and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Tenderstem® Broccoli**	150g	200g	300g
Garlic Clove**	2	3	4
Lime**	½	¾	1
Egg Noodle Nest <b>8</b>   <b>13</b>	125g	187g	250g
Ketjap Manis <b>11</b>	25g	37g	50g
Soy Sauce <b>11</b>   <b>13</b>	15ml	25ml	30ml
Peanut Butter <b>1</b>	30g	45g	60g
Coleslaw Mix**	120g	180g	240g
Red Thai Style Paste	50g	75g	100g
Salted Peanuts <b>1</b>	25g	25g	40g
<b>King Prawns** 5</b>	<b>150g</b>	<b>225g</b>	<b>300g</b>
Pantry	2P	3P	4P
Boiled Water for the Sauce*	100ml	150ml	200ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	348g	100g	423g	100g
Energy (kJ/kcal)	2382/569	684/163	2573/615	608/145
Fat (g)	20.8	6.0	21.2	5.0
Sat. Fat (g)	3.6	1.0	3.8	0.9
Carbohydrate (g)	71.3	20.5	71.3	16.8
Sugars (g)	18.1	5.2	18.1	4.3
Protein (g)	21.1	6.3	32.6	7.7
Salt (g)	4.47	1.28	5.49	1.30

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

## Allergens

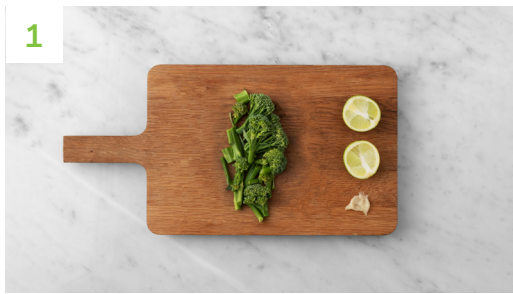
**1)** Peanut **5)** Crustaceans **8)** Egg **11)** Soya **13)** Cereals containing gluten

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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60 Worship St, London EC2A 2EZ



## Start the Prep

- Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **noodles**.
- Halve any thick **broccoli stems** lengthways, then cut widthways into thirds.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **lime** (see ingredients for amount).



## Bring on the Stir-Fry

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **coleslaw mix**.
- Cook, stirring frequently, until slightly softened, 2-3 mins.
- Stir in the **red Thai style curry paste** and the **garlic**. Cook, stirring, for 1 min more.

### + Add King Prawns

If you're adding **prawns**, drain them, then add to the pan before the **veg**. Stir-fry, 4-5 mins, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



## Cook the Noodles and Veg

- When boiling, add the **noodles** and **broccoli** to the **water**.
- Cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop the **noodles** sticking together and to keep the **veg** vibrant.



## Combine and Stir

- Add the **peanut sauce** to the pan and stir well until combined.
- Stir through the **cooked noodles** and **broccoli** to coat them in the **sauce**, then bring to the boil. Simmer until slightly thickened, 1-2 mins.
- Once thickened, remove from the heat.
- Add a good squeeze of **lime juice** and a splash of **water** if you feel it needs it.



## Make your Peanut Sauce

- Meanwhile, boil a half-full kettle.
- Pour the **boiled water for the sauce** (see pantry for amount) into a measuring jug.
- Add the **ketjap manis**, **soy sauce**, **peanut butter** and **sugar for the sauce** (see pantry for amount). Stir well.
- Pop the jug to one side.



## Garnish and Serve

- Share the **veggie noodle stir-fry** between your bowls.
- Crush the **peanuts** in the unopened sachet using a rolling pin, then sprinkle over the top to finish.
- Serve with any remaining **lime** cut into wedges for squeezing over.

Enjoy!