

# Sticky Thai Style Veggie Noodles

with Mangetout, Mushrooms and Coriander

**Quick** 20 Minutes • **Medium Spice** • 2 of your 5 a day



Egg Noodle Nest



Bell Pepper



Lime



Garlic Clove



Coriander



Sliced Mushrooms



Red Thai Style Paste



Soy Sauce



Ketjap Manis



Mangetout



Salted Peanuts



King Prawns

**Pantry Items**

Oil, Salt, Pepper

**+ Add King Prawns**

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

Happy cooking!



Ready in less than 25 minutes, these Sticky Thai Style Veggie Noodles are fragrant with a spicy kick from the Thai style spices. Made with herbs and spices common in Thai cuisine, it contains ingredients such as birds eye chilli, lime zest, lemongrass and coriander seeds.

## 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, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest <b>8</b> ) <b>13</b> )	125g	187g	250g
Bell Pepper***	1	1½	2
Lime**	1	1	1
Garlic Clove**	2	3	3
Coriander**	1 bunch	1 bunch	1 bunch
Sliced Mushrooms**	180g	300g	360g
Red Thai Style Paste	50g	75g	100g
Soy Sauce <b>11</b> ) <b>13</b> )	15ml	25ml	30ml
Ketjap Manis <b>11</b> )	50g	75g	100g
Mangetout**	80g	150g	150g
Salted Peanuts <b>1</b> )	25g	40g	40g
King Prawns** <b>5</b> )	150g	225g	300g

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 or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	404g	100g	479g	100g
Energy (kJ/kcal)	2058 / 492	510 / 122	2224 / 532	465 / 111
Fat (g)	12.5	3.1	12.9	2.7
Sat. Fat (g)	2.1	0.5	2.3	0.5
Carbohydrate (g)	75.5	18.7	75.5	15.8
Sugars (g)	23.3	5.8	23.3	4.9
Protein (g)	17.1	4.2	26.0	5.4
Salt (g)	5.3	1.31	6.31	1.32


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.

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## Cook the Noodles

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



## Prep Time

- Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Quarter the **lime**. Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **coriander** (stalks and all).

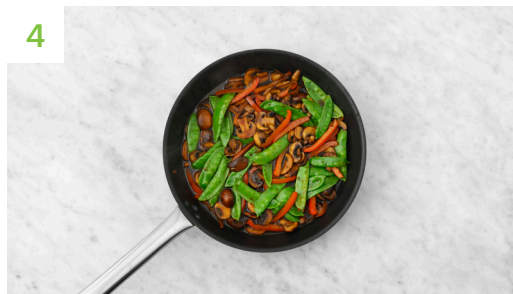


## Get Stir-Frying

- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **sliced pepper** and **sliced mushrooms**. Fry until slightly charred and soft, 5-6 mins. Continue to stir while it cooks. Season with **salt** and **pepper**.
- Add the **garlic** and **red Thai style paste** to the pan. Cook until fragrant, 1 min.

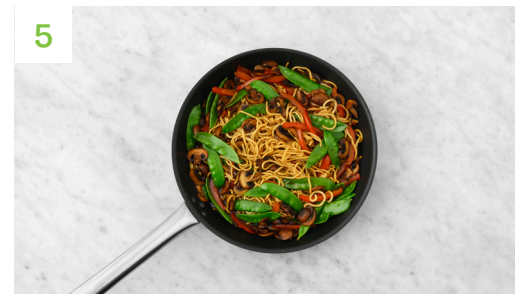
### + Add King Prawns

If you're adding **prawns**, drain them, then add them to the pan with the **veg**. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



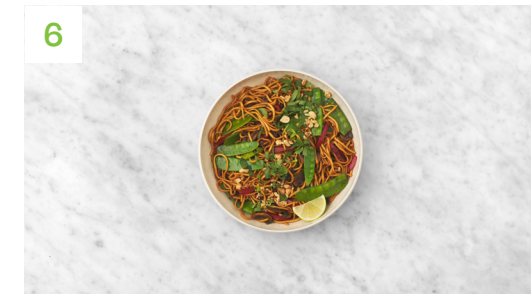
## Sauce Things Up

- Add the **soy sauce**, **ketjap manis** and **water for the sauce** (see pantry for amount) to the **veg**.
- Stir together, then add the **mangetout** and cook until the **sauce** has thickened slightly, 2-3 mins.



## Finishing Touches

- Stir the **cooked noodles** through the **fragrant sauce** and toss until well combined.
- Add a good squeeze of **lime**. Taste and season with **salt** and **pepper** or more **lime** if you feel it needs it.



## Serve Up

- Share the **sticky Thai style noodles** between your bowls.
- Sprinkle over the **peanuts** and **coriander**.
- Serve with any remaining **lime wedges** for squeezing over to finish.

## Enjoy!