



# Yellow Thai Style Veggie Noodles with Tenderstem® Broccoli and Peanuts

Classic 25 Minutes • Mild Spice • 2 of your 5 a day

19



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



Diced British  
Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Honey

### + Add Chicken Breast

If you chose to add diced chicken breast, 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 here 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 <b>1)</b>	25g	40g	40g
Egg Noodle Nest <b>8) 13)</b>	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 <b>11)</b>	25g	37g	50g
Soy Sauce <b>11) 13)</b>	25ml	30ml	50ml
Coleslaw Mix**	120g	180g	240g
Diced British Chicken Breast**	240g	390g	480g
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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	423g	100g	553g	100g
Energy (kJ/kcal)	2031 / 485	480 / 115	2678 / 640	484 / 116
Fat (g)	11.9	2.8	14.2	2.6
Sat. Fat (g)	2.1	0.5	2.8	0.5
Carbohydrate (g)	72.8	17.2	73.0	13.2
Sugars (g)	20.9	4.9	21.0	3.8
Protein (g)	19.0	4.5	50.4	9.1
Salt (g)	5.46	1.29	5.66	1.02


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

## Allergens

**1)** Peanut **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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## 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 Chicken Breast

If you're adding **chicken**, add to the pan with the **veg**. Fry for the same amount of time, then simmer, 3-4 mins instead. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink 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!