














Sweet and Sticky Honey Sambal Prawn Noodles with Green Beans and Peanuts

39A

Customised 25-30 Minutes • Medium Spice • 1 of your 5 a day



-  Garlic Clove
-  Green Beans
-  Salted Peanuts
-  Egg Noodle Nest
-  King Prawns
-  Ginger Puree
-  Ketjap Manis
-  Soy Sauce
-  Sambal Paste
-  Honey
-  Coleslaw Mix

CUSTOMISED RECIPE

If you chose to customise your recipe, then just follow the instructions on the back of this card.
Happy cooking!

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, rolling pin, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Green Beans**	150g	230g	300g
Salted Peanuts 1)	25g	40g	40g
Egg Noodle Nest 8) 13)	125g	187g	250g
King Prawns** 5)	150g	225g	300g
Ginger Puree	15g	15g	30g
Ketjap Manis 11)	25g	37g	50g
Soy Sauce 11) 13)	25ml	30ml	50ml
Sambal Paste	15g	22g	30g
Honey	30g	45g	60g
Coleslaw Mix**	120g	180g	240g
Pantry	2P	3P	4P
Water for the Sauce*	75ml	120ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	385g	100g
Energy (kJ/kcal)	2179 /521	566 /135
Fat (g)	9.5	2.5
Sat. Fat (g)	2.0	0.5
Carbohydrate (g)	80.5	20.9
Sugars (g)	28.1	7.3
Protein (g)	27.0	7.0
Salt (g)	6.08	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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Get Prepped

Bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp salt** for the **noodles**.

Peel and grate the **garlic** (or use a garlic press). Trim and halve the **green beans**.

Crush the **peanuts** in the unopened sachet using a rolling pin.



Get the Noodles On

Meanwhile, when your pan of **water** is boiling, add the **noodles** and **green beans**. Cook until tender, 4 mins.

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



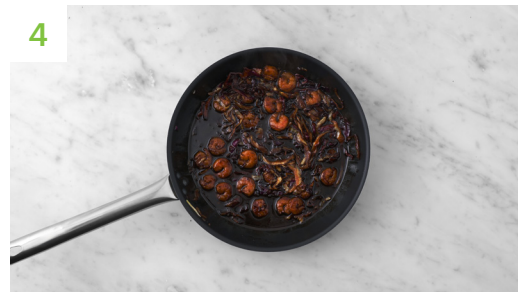
Start the Stir-Fry

Meanwhile, drain the **prawns**.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **prawns** and stir-fry for 2-3 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.

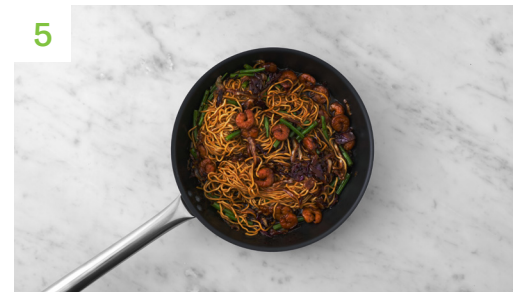
Next, add the **garlic** and **ginger puree** to the pan. Cook until fragrant, 1 min.



Sauce Things Up

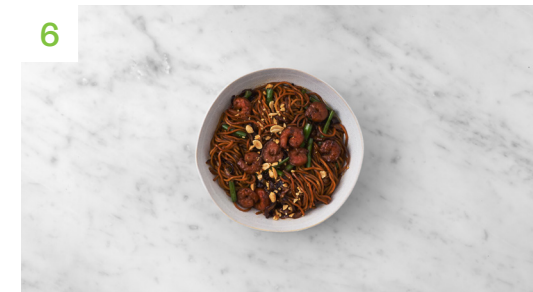
Once fragrant, add the **ketjap manis**, **soy sauce**, **sambal**, **honey** and **water for the sauce** (see pantry for amount). **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Stir in the **coleslaw mix** and simmer the **sauce** until thickened, 3-4 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



Combine and Stir

Once the **sauce** has thickened, add the **cooked noodles** and **beans** to the **prawns** and toss until well coated, 1 min.



Serve

Serve your **honey sambal noodles** in bowls with the **peanuts sprinkled** over the top to finish.

Enjoy!