



Fragrant Veggie Noodle Stir-Fry

with Mushrooms, Tenderstem®, Mangetout and Peanuts

Calorie Smart 20 Minutes • Mild Spice • 3 of your 5 a day • Veggie • Under 650 Calories

23



Bell Pepper



Lime



Salted Peanuts



Tenderstem® Broccoli



Egg Noodle Nest



Sliced Mushrooms



Mangetout



Ginger, Garlic & Lemongrass Puree



Soy Sauce



Ketjap Manis

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Egg

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, rolling pin, sieve, frying pan, bowl and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Lime**	1	1	1
Salted Peanuts 1)	25g	40g	40g
Tenderstem® Broccoli**	80g	120g	150g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Sliced Mushrooms**	120g	180g	240g
Mangetout**	80g	150g	150g
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Soy Sauce 11) 13)	15ml	25ml	30ml
Ketjap Manis 11)	50g	75g	100g

Pantry	2P	3P	4P
Sugar for the Sauce*	¼ tsp	½ tsp	¾ tsp
Egg*	2	3	4

*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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	420g	100g
	2245 / 537	535 / 128
Fat (g)	14.0	3.3
Sat. Fat (g)	3.1	0.7
Carbohydrate (g)	78.1	18.6
Sugars (g)	23.1	5.5
Protein (g)	25.1	6.0
Salt (g)	4.97	1.18

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
PersonalPoints™ values based on low-cal cooking spray oil.

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, milk, egg, mustard, celery, soya, 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.

Contact

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The Fresh Farm

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Get Prepped

a) Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **noodles**.

b) Halve the **pepper** and discard the core and seeds. Slice into thin strips.

c) Halve the **lime**. Crush the **peanuts** in the unopened sachet using a rolling pin.

d) Cut the **Tenderstem®** into thirds.



Cook the Noodles

a) When your pan of **water** is boiling, add the **noodles** and cook until tender, 4 mins.

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



Stir-Fry the Veg

a) While the **noodles** cook, heat a drizzle of **oil** in a large frying pan or wok on high heat.

b) Once hot, add the **mushrooms, pepper** and **broccoli**. Stir-fry until starting to soften, 4-5 mins.

c) Add the **mangetout** and stir-fry until tender, 1-2 mins.

d) Stir in the **ginger, garlic & lemongrass puree** and cook for 1 min more.



Sauce Things Up

a) Add the **cooked noodles, soy sauce, ketjap manis** and **sugar for the sauce** (see pantry for amount) to the **veg** pan with a splash of **water** if you feel it needs it.

b) Stir-fry until everything's combined and piping hot, 1-2 mins. Add a squeeze of **lime juice** to your taste.

c) Once cooked, divide the **noodle stir-fry** between your serving bowls and cover with foil to keep warm.



Fry the Eggs

a) If you're adding an **egg**, wipe out the (now empty) pan and pop back on high heat with a drizzle of **olive oil**. **TIP:** Use a frying pan if you were using a wok.

b) Once hot, crack in the **eggs** (1 per person).

c) Cook until the **egg whites** are cooked and the **yolk** is the firmness you desire, 4-5 mins. Lower the heat as needed.



Garnish and Serve

a) When ready, top your **veggie stir-fry** with the **fried eggs** (if using).

b) Scatter over the **peanuts** and serve with any remaining **lime wedges** for squeezing over.

Enjoy!

