

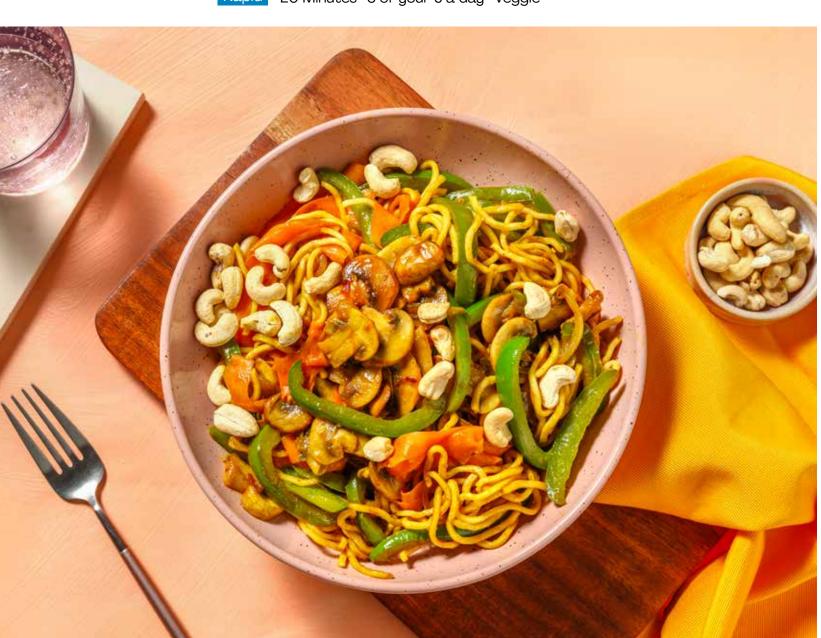
Hakka Inspired Noodles

with Pepper, Mushrooms and Carrot Ribbons



20 Minutes • 3 of your 5 a day • Veggie











Garlic Clove



Green Pepper



Egg Noodle Nest



Sesame Oil





Carrot



Ginger Puree



Curry Powder



Teriyaki Sauce



Cashew Nuts



Before you start

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

Cooking tools

Kettle, garlic press, saucepan, sieve, frying pan and peeler.

Ingredients

Ingredients	2P	3P	4P	
Onion**	1	11/2	2	
Garlic Clove**	2	3	4	
Green Pepper**	1	2	2	
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests	
Sesame Oil 3)	20ml	40ml	40ml	
Sliced Mushrooms**	120g	180g	240g	
Carrot**	1	2	2	
Ginger Puree	15g	22g	30g	
Curry Powder	2 sachets	1 sachet	4 sachets	
Teriyaki Sauce 11)	150g	225g	300g	
Cashew Nuts 2)	25g	40g	50g	
*Not Included **Store in the Fridge				

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	424g	100g
Energy (kJ/kcal)	2551/610	602/144
Fat (g)	17.6	4.1
Sat. Fat (g)	3.2	0.8
Carbohydrate (g)	93.9	22.2
Sugars (g)	36.0	8.6
Protein (g)	17.0	4.0
Salt (g)	5.63	1.33

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

Allergens

2) Nuts 3) Sesame 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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Start Prepping

- a) Boil a full kettle.
- **b)** Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).
- **c)** Halve the **pepper** and discard the core and seeds. Slice into thin strips.



Cook the Noodles

- a) Pour the **boiled water** into a medium saucepan with ½ **tsp salt** on high heat.
- **b)** Add the **noodles** to the **water** and cook until tender, 4 mins.
- **c)** 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 the **sesame oil** in a large frying pan on medium-high heat.
- **b)** Once hot, add the **onion**, **pepper** and **mushrooms**. Stir-fry until just soft, 5-6 mins.



Make the Carrot Ribbons

- a) Whilst the **veg** cooks, trim and peel the **carrot**.
- **b)** Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.



Sauce Things Up

- **a)** Once the **veg** has softened, add the **garlic**, **ginger puree** and **curry powder**. Cook for 30 secs.
- b) Stir the teriyaki sauce, cooked noodles and carrot ribbons into the stir-fried veg. Toss until coated and piping hot.
- **c)** Taste and season with **salt** and **pepper** if needed.



Serve

- **a)** Share the **hakka inspired noodles** between your bowls.
- **b)** Finish with a scattering of **cashews** over the top.

Enjoy!