



Hakka Inspired Noodles

with Pepper, Mushrooms and Carrot Ribbons

Rapid 20 Minutes • 3 of your 5 a day • Veggie

17



Onion



Garlic Clove



Green Pepper



Egg Noodle Nest



Sesame Oil



Sliced Mushrooms



Carrot



Ginger Puree



Curry Powder



Teriyaki Sauce



Cashew Nuts

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.

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1½	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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	424g 2551 /610	100g 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Start Prepping

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



Make the Carrot Ribbons

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



Cook the Noodles

- Pour the **boiled water** into a medium saucepan with $\frac{1}{2}$ **tsp salt** on high heat.
- 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.



Sauce Things Up

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



Stir-Fry the Veg

- While the **noodles** cook, heat the **sesame oil** in a large frying pan on medium-high heat.
- Once hot, add the **onion**, **pepper** and **mushrooms**. Stir-fry until just soft, 5-6 mins.



Serve

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

Enjoy!