



Sweet and Spicy Paneer Noodles

with Bell Pepper, Sambal and Ketjap Manis

20

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



-  Bell Pepper
-  Paneer
-  Garlic Clove
-  Egg Noodle Nest
-  Ketjap Manis
-  Indonesian Style Spice Mix
-  Soy Sauce
-  Sambal Paste
-  Cornflour
-  Coleslaw Mix

Pantry Items
Oil, Salt, Pepper, Tomato Ketchup

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, garlic press, sieve, kettle, frying pan, kitchen paper and measuring jug.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	1	2
Paneer** 7)	226g	339g	452g
Garlic Clove**	2	3	4
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Ketjap Manis 11)	50g	75g	100g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Soy Sauce 11) 13)	15ml	25ml	30ml
Sambal Paste	15g	23g	30g
Cornflour	10g	20g	20g
Coleslaw Mix**	120g	240g	240g

Pantry	2P	3P	4P
Oil for the Paneer*	1 tbsp	1½ tbsp	2 tbsp
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Boiled Water for the Sauce*	150ml	225ml	300ml

*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)	3517 /841	944 /226
Fat (g)	37.8	10.2
Sat. Fat (g)	20.6	5.5
Carbohydrate (g)	89.1	23.9
Sugars (g)	30.5	8.2
Protein (g)	35.8	9.6
Salt (g)	5.03	1.35

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

Allergens

7) Milk 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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1



Get Prepping

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

Meanwhile, halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.

Cut the **paneer** into 2cm cubes.

Peel and grate the **garlic** (or use a garlic press).

2



Cook the Noodles

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.

Meanwhile, fill and boil your kettle.

3



Fry the Paneer

Heat the **oil for the paneer** (see pantry for amount) in a large frying pan on medium-high heat.

Once hot, add the **paneer** to the pan and season with **salt** and **pepper**. Fry until golden all over, 5-8 mins. Turn regularly to brown it evenly.

Once the **paneer** is golden, transfer to a plate lined with kitchen paper.

4



Soften the Pepper

Return the (now empty) frying pan to medium-high heat with a drizzle of **oil**.

Once hot, add the **pepper chunks** and stir-fry until just soft, 5-6 mins.

Meanwhile, in a measuring jug, combine the **ketjap manis**, **Indonesian style spice mix**, **soy sauce**, **sambal paste** (add less if you'd prefer things milder) and **cornflour** with the **ketchup** and **boiled water for the sauce** (see pantry for both amounts) from your kettle.

5



Combine and Stir

Add the **coleslaw mix** and **garlic** to the **pepper** pan. Cook until starting to soften, 1-2 mins.

Add the **fried paneer** to the pan, then pour in the **spicy sauce**. Bring to the boil whilst stirring.

Toss the **cooked noodles** into the **sauce** until coated, then remove from the heat.

6



Time to Serve

When your **noodles** are ready, taste and season with **salt** and **pepper**. Add a splash of **water** if you feel it needs it.

Share the **sweet and spicy paneer noodles** between your bowls and tuck in.

Enjoy!