



Veggie Pancit Inspired Noodles

with Mushrooms, Lime and Coriander

Rapid 20 Minutes • 2 of your 5 a day • Veggie

20



Onion



Garlic Clove



Lime



Egg Noodle Nest



Sliced Mushrooms



Ginger Puree



Coleslaw Mix



Vegetable Stock Paste



Ketjap Manis



Coriander

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

Garlic press, saucepan, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	2	2
Garlic Clove**	2	3	4
Lime**	½	¾	1
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Sliced Mushrooms**	120g	180g	240g
Ginger Puree	15g	22g	30g
Coleslaw Mix**	120g	180g	240g
Vegetable Stock Paste 10)	10g	15g	20g
Ketjap Manis 11)	50g	75g	100g
Coriander**	1 bunch	1 bunch	1 bunch

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	1612/385	512/122
Fat (g)	2.0	0.6
Sat. Fat (g)	0.4	0.1
Carbohydrate (g)	78.8	25
Sugars (g)	24.8	7.9
Protein (g)	12.5	4.0
Salt (g)	4.38	1.39

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

Allergens

8) Egg 10) Celery 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 the Prep

- Halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **lime**.



Sauce Things Up

- Stir the **veg stock paste**, **ketjap manis** and **water for the sauce** (see pantry for amount) into the **veg**.
- Bring to the boil, then simmer until reduced by half and thickened, 3-4 mins.
- Meanwhile, roughly chop the **coriander** (stalks and all).



Cook the Noodles

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



Combine and Stir

- Add the **cooked noodles** and **half the coriander** to the **veg** pan. Mix together, then remove from the heat.
- Squeeze in the **lime juice** (see ingredients for amount).
- Taste and season with **salt** and **pepper** if needed.



Get Stir-Frying

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **onion** and **mushrooms** to the pan. Stir-fry until softened, 5-6 mins.
- Add the **garlic**, **ginger puree** and **coleslaw mix**, then stir-fry for 30 secs.



Serve

- Share the **veggie pancit inspired noodles** between your bowls.
- Finish with a sprinkling of the remaining **coriander** over the top.
- Serve with any remaining **lime** cut into **wedges** for squeezing over.

Enjoy!