

# Veggie Pancit Inspired Noodles

with Mushrooms, Lime and Coriander



20 Minutes • 2 of your 5 a day • Veggie





















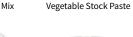
Ginger Puree

Sliced Mushrooms



Coleslaw Mix





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**	1/2	3/4	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 <b>10</b> )	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	Per serving	Per 100g
for uncooked ingredient	315g	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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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ







# Start the Prep

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



#### Cook the Noodles

- a) Bring a large saucepan of water to the boil with ¼ tsp salt.
- **b)** When boiling, 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.



# **Get Stir-Frying**

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



## Sauce Things Up

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



## Combine and Stir

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



#### Serve

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

## Enjoy!