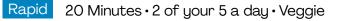
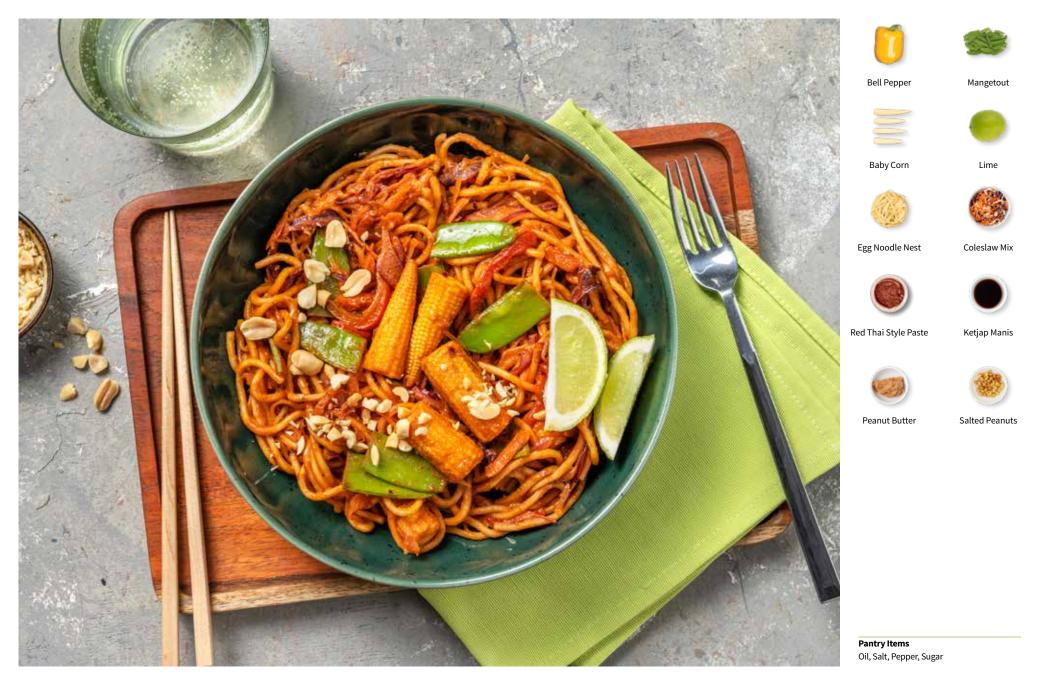


# Veggie Peanut Noodle Stir-Fry

with Baby Corn, Mangetout and 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

Saucepan, colander, frying pan and rolling pin. Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	1½	2
Mangetout**	80g	150g	150g
Baby Corn**	60g	90g	120g
Lime**	1/2	3/4	1
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Coleslaw Mix**	120g	180g	240g
Red Thai Style Paste	50g	75g	100g
Ketjap Manis <b>11)</b>	25g	37½g	50g
Peanut Butter 1)	30g	45g	60g
Salted Peanuts 1)	25g	40g	40g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml

Water for the Sauce\* 150ml 225ml \*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	Per serving	Per 100g
for uncooked ingredient	365g	100g
Energy (kJ/kcal)	2437 /582	668/160
Fat (g)	20.8	5.7
Sat. Fat (g)	3.3	0.9
Carbohydrate (g)	77.0	21.1
Sugars (g)	21.9	6.0
Protein (g)	21.1	5.8
Salt (g)	2.94	0.81

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

### Allergens

1) Peanut 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 the Prep

a) Bring a large saucepan of water to the boil with 1/4 tsp salt for the noodles.

b) Halve the pepper and discard the core and seeds. Slice into thin strips.

c) Halve the mangetout. Halve the baby corn widthways.

d) Halve the lime.



# **Cook the Noodles**

a) When boiling, add the noodles to the water.

b) Cook until tender, 4 mins.

c) Once cooked, drain in a colander. TIP: Run the noodles under cold water to stop them sticking together.



# **Get Stir-Frying**

a) Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

**b)** Once hot, add the **pepper** and stir-fry until just soft, 3-4 mins.

c) Turn the heat down to medium-high.



# Add More Veg

a) Add the coleslaw mix, mangetout and baby corn to the pepper.

b) Cook, stirring frequently, until slightly softened, 2-3 mins.

c) Stir in the red Thai style paste and cook, stirring, for 1 min more.



# **Combine and Stir**

a) Add the ketjap manis, peanut butter, sugar and water for the sauce (see pantry for both amounts) to the pan and stir well until combined.

b) Stir through the cooked noodles to coat them in the sauce, then bring to the boil. Simmer until slightly thickened, 1-2 mins.

c) Once thickened, remove from the heat. Taste and season with salt and pepper.

d) Add a good squeeze of lime juice, along with a splash of water if you feel it needs it.



# **Garnish and Serve**

a) Share the stir-fry between your bowls.

**b)** Crush the **peanuts** in the unopened sachet using a rolling pin, then sprinkle over the top to finish.

c) Serve with any remaining lime cut into wedges for squeezing over.

**Enjoy!** 

