



Veggie Peanut Noodle Stir-Fry

with Baby Corn, Mangetout and Pepper

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

18



Bell Pepper



Mangetout



Baby Corn



Lime



Egg Noodle Nest



Coleslaw Mix



Red Thai Style Paste



Ketjap Manis



Peanut Butter



Salted Peanuts

Pantry Items

Oil, Salt, Pepper, Sugar

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**	½	¾	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 11)	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

*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)	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 ¼ **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**.



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.



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.**



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.



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.



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!