



# Veggie Peanut Noodle Stir-Fry with Mangetout and Pepper

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

18



Bell Pepper



Mangetout



Garlic Clove



Lime



Egg Noodle Nest



Ketjap Manis



Soy Sauce



Peanut Butter



Coleslaw Mix



Red Thai Style Paste



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, garlic press, sieve, kettle, measuring jug, frying pan and rolling pin.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	1½	2
Mangetout**	80g	120g	150g
Garlic Clove**	1	2	2
Lime**	½	¾	1
Egg Noodle Nest <b>8</b>   <b>13</b>	2 nests	3 nests	4 nests
Ketjap Manis <b>11</b>	25g	38g	50g
Soy Sauce <b>11</b>   <b>13</b>	15ml	25ml	30ml
Peanut Butter <b>1</b>	30g	45g	60g
Coleslaw Mix**	120g	180g	240g
Red Thai Style Paste	50g	75g	100g
Salted Peanuts <b>1</b>	25g	25g	40g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Boiled Water for the Sauce*	200ml	300ml	400ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	326g	100g
Energy (kJ/kcal)	2405 / 575	738 / 176
Fat (g)	20.7	6.3
Sat. Fat (g)	3.3	1.0
Carbohydrate (g)	76.0	23.3
Sugars (g)	20.6	6.3
Protein (g)	20.8	6.4
Salt (g)	4.30	1.32

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

- Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **noodles**.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Halve the **mangetout** widthways. Peel and grate the **garlic** (or use a garlic press).
- Halve the **lime**.



## Add More Veg

- Add the **coleslaw mix** and **mangetout** to the **pepper**.
- Cook, stirring frequently, until slightly softened, 2-3 mins.
- Stir in the **red Thai style paste** and the **garlic**. Cook, stirring, for 1 min more.



## Cook the Noodles

- When boiling, add the **noodles** to the **water**.
- 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 **peanut sauce** from the jug to the pan and stir well until combined.
- Stir through the **cooked noodles** to coat them in the **sauce**, then bring to the boil. Simmer until slightly thickened, 1-2 mins.
- Once thickened, remove from the heat. Taste and season with **salt** and **pepper**.
- Add a good squeeze of **lime juice**, along with a splash of **water** if you feel it needs it.



## Get Stir-Frying

- Meanwhile, boil a half-full kettle. Pour the **boiled water for the sauce** (see pantry for amount) into a measuring jug. Add the **ketjap manis**, **soy sauce**, **peanut butter** and **sugar for the sauce** (see pantry for amount), and stir well. Pop the jug to one side.
- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **pepper** and stir-fry until just soft, 3-4 mins.
- Turn the heat down to medium-high.



## Garnish and Serve

- Share the **veggie noodle stir-fry** between your bowls.
- Crush the **peanuts** in the unopened sachet using a rolling pin, then sprinkle over the top to finish.
- Serve with any remaining **lime** cut into **wedges** for squeezing over.

## Enjoy!