



HelloFresh.com | hello@hellofresh.com



FEB 2016 Share your masterpiece! Tag your photos with #HelloFreshPics and share on You'll be entered into our weekly photo contest!

Crispy Noodle and Veggie Stir Fry with Ginger-Garlic Sauce

The key to this dish is leaving the noodles to crisp up in the pan long enough. It might be tempting to stir, but try to resist! A sweet, gingery sauce is kicked up by a touch of spicy Thai chili for heat.

35 min

level 2

veggie



Chuka Soba



Red Bell Pepper



Thai Chili



Snow Peas



Mushrooms



Soy Sauce



Ginger



Garlic




Scallions



Cashews

Ingredients

	2 People	4 People
Chuka Soba	9 oz	18 oz
Red Bell Pepper	1	2
Thai Chili 	1	1
Snow Peas	4 oz	8 oz
Mushrooms	4 oz	8 oz
Soy Sauce	3 T	6 T
Ginger	1 thumb	2 thumbs
Garlic	2 cloves	4 cloves
Scallions	2	4
Cashew Pieces	1 oz	2 oz
Sugar*	3 T	6 T
Oil*	1 T	2 T

*Not Included

Allergens

- 1) Egg
- 2) Wheat
- 3) Soy
- 4) Nuts

Tools

Small Bowl, Large Pan

Ruler

0 in 1/4 in 1/2 in 3/4 in 1 in

Nutrition per person Calories: 634 cal | Fat: 15 g | Sat. Fat: 2 g | Protein: 17 g | Carbs: 111 g | Sugar: 30 g | Sodium: 1067 mg | Fiber: 9 g

Make sure to wash and dry produce before prepping or cooking!

1



1 Prep the vegetables: Core, seed, and remove the white ribs from the **bell pepper**, then thinly slice. Mince or grate the **ginger** and **garlic**. Thinly slice the **scallions**, keeping the **whites** and **greens** separate. Mince the **Thai chili**. Slice the **mushrooms**. Trim the **snow peas**.

3



3 Cook the vegetables: Heat a drizzle of **oil** in a large pan over medium heat. Add the **bell pepper** and **mushrooms** and cook, tossing, for 4-5 minutes, until softened and golden brown. Season with **salt** and **pepper**. Add the **snow peas** and **scallion whites** and cook, tossing, for 3-4 minutes, until the snow peas are tender.

4



4 Make the ginger-garlic sauce: Add the **ginger**, **garlic**, and a pinch of **Thai chili** (to taste) and cook, tossing, until fragrant for 1-2 minutes. Add the **soy mixture** to the pan and cook for another 1 minute, until slightly thickened.

5



5 Crisp the noodles: Add the **noodles** to the pan and toss to combine with the **sauce** and **vegetables** for 1-2 minutes. Add a large drizzle of **oil** to the pan and cook, without stirring, until the noodles begin to crisp in the bottom of the pan.

6 Finish and plate: Garnish with the **scallion greens** and **cashew pieces**. Enjoy!