



Hoisin Prawn and Noodle Stir-Fry

with Bok Choy and Pepper

Calorie Smart 20 Minutes • Under 600 Calories • 1 of your 5 a day

15



Bok Choy



Bell Pepper



Lime



Garlic Clove



Noodles



King Prawns



Hoisin Sauce



Soy Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Fine Grater (or Garlic Press), Frying Pan and Colander.

Ingredients

	2P	3P	4P
Bok Choy**	1	1	2
Bell Pepper**	1	2	2
Lime**	½	1	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Noodles 8) 13)	2 nests	3 nests	4 nests
King Prawns 5)**	150g	250g	300g
Hoisin Sauce 3) 11) 13)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Sugar*	½ tsp	¾ tsp	1 tsp

*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

	Per serving	Per 100g
for uncooked ingredient	351g	100g
Energy (kJ/kcal)	1646 /394	469 /112
Fat (g)	3	1
Sat. Fat (g)	1	1
Carbohydrate (g)	71	20
Sugars (g)	19	5
Protein (g)	24	7
Salt (g)	4.40	1.25

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 5) Crustaceans 8) Egg 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Get Prepped!

a) Bring a large pan of **water** to the boil with ¼ tsp **salt** for the **noodles**.

b) Trim the **bok choy** then thinly slice widthways.

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

d) Zest and halve the **lime**.

e) Peel and grate the **garlic** (or use a garlic press).



Prawn Time

a) Add the **prawns** and **bok choy** to the pan with the **pepper** and stir-fry until the **prawns** are almost cooked, 3 mins.



Start Cooking

a) Heat a drizzle of **oil** in a large frying pan or wok over medium-high heat.

b) Once hot, add the **pepper** and stir-fry until slightly softened and starting to colour, 4-5 mins.



Finish Up

a) Add the **garlic** to the **prawns** and stir-fry until the **prawns** are cooked, 1 more minute. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.

b) Add the **hoisin**, **soy sauce**, **sugar** (see ingredients for amounts) and a splash of **water** along with the **lime zest**.



Cook the Noodles

a) Meanwhile, once the pan of **water** is boiling, add the **noodles** and cook until tender, 4 mins then drain in a colander and run under cold **water** to prevent the **noodles** from sticking.

b) Set aside.



Serve!

a) Bring the **sauce** to a simmer then add the **noodles** and mix through the **sauce**. Cook until everything is piping hot, 1 minute.

b) Add a squeeze of **lime juice**. **TIP:** Add a splash of water if you feel it needs loosening up.

c) Cut any remaining **lime** into **wedges**. Divide the **stir-fry** between your plates and serve with the **lime wedges**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.