



Soy and Chilli Prawns

with Teriyaki Veg, Noodles and Peanuts

Calorie Smart 25-30 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories

28



Bell Pepper



Lime



Spring Onion



Garlic Clove



Salted Peanuts



Chilli Flakes



Soy Sauce



King Prawns



Egg Noodle Nest



Coleslaw Mix



Teriyaki Sauce

Pantry Items
Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, fine grater, garlic press, bowl, colander and frying pan.

Ingredients

	2P	3P	4P
Bell Pepper**	1	2	2
Lime**	½	1	1
Spring Onion**	2	3	4
Garlic Clove**	2	3	4
Salted Peanuts 1)	25g	40g	40g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Olive Oil for the Marinade*	1 tbsp	½ tbsp	2 tbsp
Soy Sauce 11) 13)	25ml	50ml	50ml
King Prawns** 5)	150g	225g	300g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Coleslaw Mix**	120g	180g	240g
Teriyaki Sauce 11)	100g	150g	200g
Water for the Sauce*	75ml	100ml	150ml

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

Nutrition

	Per serving	Per 100g
for uncooked ingredient	404g	100g
Energy (kJ/kcal)	2322 /555	575 /137
Fat (g)	13.2	3.3
Sat. Fat (g)	2.3	0.6
Carbohydrate (g)	79.3	19.6
Sugars (g)	25.6	6.3
Protein (g)	28.5	7.0
Salt (g)	6.88	1.70

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

1) Peanut 5) Crustaceans 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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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Get Prepped

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

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

Zest and halve the **lime**. Trim and thinly slice the **spring onions**. Peel and grate the **garlic** (or use a garlic press).

Roughly chop the **peanuts**.



Stir-Fry Time

Meanwhile, heat a drizzle of **oil** in a large frying pan or wok on high heat. When the **oil** is hot, add the **sliced pepper** and stir-fry until starting to soften, 2-3 mins.

Add the **coleslaw mix** and stir-fry until tender, 2-3 mins. Stir in the remaining **garlic** and fry until fragrant, 30 secs.

Add the **teriyaki sauce**, **water for the sauce** (see ingredients for amount) and remaining **soy sauce**, then stir together well. Bring to the boil, then remove from the heat whilst you cook the **prawns**.

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Marinate the Prawns

Put the **chilli flakes** (use less if you don't like too much heat), **lime zest**, **olive oil for the marinade** (see ingredients for amount), **half the garlic** and **half the soy sauce** in a medium bowl. Squeeze in some **lime juice** and stir to combine.

Add the **prawns** to the bowl and turn to coat well in the **marinade**. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.



Fry the Prawns

Heat another frying pan on medium-high heat (no oil).

Once hot, add the **prawns** and their **marinade** and cook for 3-4 mins. Once cooked, remove from the heat. **IMPORTANT:** The prawns are cooked when **pink on the outside and opaque in the middle**.



Cook the Noodles

When your pan of **water** is boiling, add the **noodles** and bring back to the boil. Cook until tender, 4 mins.

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



Finish and Serve

Add the **cooked noodles** to the **veg** and toss to coat in the **sauce**. Warm through for 1-2 mins, then divide between your bowls.

Top with the **prawns** and any remaining **marinade** from the pan. Finish with a scattering of the **peanuts**, **spring onion** and any remaining **chilli flakes** (if you want a bit more heat).

Cut any remaining **lime** into wedges and serve alongside for squeezing over.

Enjoy!