



# Thai Veggie Noodle Stir-Fry

with Bok Choy and Sugar Snap Peas

N° 10

**FAMILY** Hands on Time: 20 Minutes • Total Time: 25 Minutes • 3 of your 5 a day • Veggie



Leek



Red Pepper



Egg Noodle Nest



Sliced Mushrooms



Bok Choy



Sugar Snap Peas



Garlic Clove



Lime



Pad Thai Paste



Peanuts

## Before you start

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

### Basic cooking tools you will need:

Fine Grater, Saucepan, Frying Pan and Coarse Grater.

### Ingredients

	2P	3P	4P
Leek**	1	1	2
Red Pepper**	1	1	2
Egg Noodle Nest 8) 13)	2	3	4
Sliced Mushrooms**	1 small punnet	1 large punnet	1 large punnet
Bok Choy**	1	2	2
Sugar Snap Peas**	1 small packl	1 large pack	1 large pack
Garlic Clove**	1	1	2
Lime**	½	1	1
Pad Thai Paste 11) 13)	2 sachets	3 sachets	4 sachets
Water*	50ml	75ml	100ml
Peanuts 1)	1 small pot	1 large pot	1 large pot

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	509g	100g
Energy (kJ/kcal)	1807 / 432	355 / 85
Fat (g)	9	2
Sat. Fat (g)	2	1
Carbohydrate (g)	72	14
Sugars (g)	21	4
Protein (g)	18	4
Salt (g)	2.76	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

1) Peanut 8) Egg 11) Soya 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Prep Time

Trim the root and the dark green leafy part from the **leek**. Slice into rounds about ½ cm thick. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Bring a saucepan of **water** up to the boil with ¼ tsp of **salt** for the noodles. Chop the **sugar snaps** into 1cm pieces, trim the **bok choy**, slice in half lengthways then slice widthways into 3cm pieces. Peel and grate the **garlic** (or use a garlic press). Zest the **lime** and chop into wedges.



## 4. Add the Noodles

Add the **Pad Thai paste** and **water** (see ingredients for amount) and bring to a bubble. Add the **noodles** and use tongs to make sure the **noodles** are coated in the **sauce** and continue cooking until piping hot, 1-2 mins.



## 2. Cook the Noodles

When the **water** for the noodles is boiling, stir in the **noodles** and cook until tender, 4 mins. Drain the **noodles** in a sieve. Heat a splash of **oil** in a large frying pan or wok over high heat. Add the **mushrooms**, **leek** and **pepper** to the pan. Cook until browned and softened, 5-6 mins, stirring occasionally.



## 5. Finish off

Meanwhile, transfer the **peanuts** to a freezer bag and use the bottom of a saucepan to smash them to a fine powder. Mix the **lime zest** through the **noodles**. Season to taste with **salt** and **pepper** and get ready to serve.



## 3. Stir-Fry

When the **leeks**, **peppers** and **mushrooms** are ready, lower the heat to medium. Add the **garlic**, **bok choy** and **sugar snaps**. Stir and cook until the **bok choy** has softened, 1-2 mins.



## 6. Serve

Share the **noodles** and **veggies** between your plates. Don't leave any **sauce** behind! Finish with a generous sprinkle of the **smashed peanuts** and a **lime wedge** for squeezing over.

Enjoy!