



Veggie Noodle Stir fry with Sugar Snaps and Peanuts

Classic 25 Minutes • 2 of your 5 a day

21



Green Pepper



Carrot



Red Onion



Garlic Clove



Salted Peanuts



Salmon Fillet



Soy Sauce



Ketchup



Ketjap Manis



Egg Noodle Nest



Mangetout



Easy Ginger



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Green Pepper**	1	2	2
Carrot**	1	1	2
Red Onion**	1	1	2
Garlic Clove**	1 clove	1 clove	2 cloves
Salted Peanuts 1)	1 pot	1 pot	1 pot
Salmon**	200g	300g	400g
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets
Ketchup 10)	½ sachet	1 sachet	1 sachet
Ketjap Manis 11)	1 sachet	2 sachet	2 sachet
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Mangetout**	1 pack	2 packs	2 packs
Easy Ginger	½ sachet	¾ sachet	1 sachet

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	388g	100g
Energy (kJ/kcal)	1893/453	488/117
Fat (g)	8	2
Sat. Fat (g)	1	1
Carbohydrate (g)	77	20
Sugars (g)	388	7
Protein (g)	18	5
Salt (g)	2.61	0.67
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	488g	100g
Energy (kJ/kcal)	2667/638	546/131
Fat (g)	19	4
Sat. Fat (g)	4	1
Carbohydrate (g)	78	16
Sugars (g)	26	5
Protein (g)	39	8
Salt (g)	2.77	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **8)** Egg **10)** Celery **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.

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Prep Time

Pop a large saucepan of **water** onto boil. We will use it to cook the noodles later. Halve the **pepper(s)**, discard the core and seeds. Slice into thin strips. Trim the **carrot**, (no need to peel) grate on the coarse side of your grater. Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **peanuts**.



If you've added **salmon** to your meal, preheat your oven to 200°C at the beginning of this step.



Make the Sauce

In a small bowl mix together the **soy sauce**, **ketchup** and **ketjap manis**. Keep to one side. When the **water** comes to the boil, add the **noodles** and ½ tsp of **salt** and cook until tender, 4 mins. Once cooked, drain in a sieve and run under **cold water**. Return to the pan with a drizzle of **oil** and stir through to stop it from sticking together.



If you've added **salmon** to your meal, before you do the above step, lay the **salmon fillets** on a baking tray lined with baking paper. Season with **salt** and **pepper**. Roast the **salmon** on the top shelf of your oven until cooked through, 10-15 mins. **IMPORTANT:** *The salmon is cooked when opaque all the way through.* Continue with the rest of the recipe.



Stir Fry!

Meanwhile, heat a splash of **oil** in a large frying pan or wok over medium high heat. When hot, add the **onions** and **peppers**. Stir fry until beginning to soften, 3-4 mins. Next, add the **mangetout** cook for 2 mins, then add the **garlic** and **ginger purée**. Cook until fragrant, 1 minute.



Add the Sauce

Pour the **sauce** you made earlier into the pan and stir to coat all the **veggies**. Lower the heat and cook until the **mangetout** is tender, 1-2 mins.



Add the Noodles

Add the **grated carrot** and **noodles** to the pan and toss or stir to combine. Stir-fry until everything is piping hot, 2 mins. **TIP:** *Add a splash of water if you need to loosen it up a bit.* Get ready to serve!



Serve!

Share the **noodles** between your plates and finish with a sprinkle of **chopped peanuts**.

Enjoy!



If you've added **salmon** to your meal, serve it on top of the **noodles**.