



BROCCOLINI, GINGER & SESAME SOBA NOODLE BOWL

with Five Spiced Nuts and Seeds



Make your own spiced nuts & seeds



Ginger



Garlic



Red Capsicum



Sesame Seeds



Lemon



Roasted Almonds



Roasted Cashews



Broccoli



Spring Onion



Soba Noodles



Chinese Five Spice



Hands-on: 20 mins
Ready in: 30 mins

Sure, we've been accused of being a little nutty. So what? When the results are as delicious as these warm noodles with plenty of tasty crunch, we'll wear the nutty badge with pride!

Pantry Staples: Olive Oil, Soy Sauce, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **medium saucepan, garlic crusher, chef's knife, chopping board, fine grater, two small bowls, spoon, colander, large bowl, large frying pan** and a **wooden spoon**.



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Peel and crush the **garlic**. Slice the **lemon** into wedges. Roughly chop the **roasted almonds**. Chop the **broccoli** into 2 cm florets. Peel and finely grate the **ginger**. Finely slice the **red capsicum**. Finely slice the **spring onion**.



2 MAKE THE GARLIC-SOY SAUCE

In a small bowl, combine the **garlic, soy sauce, honey** and a squeeze of juice from the **lemon wedges (about 1 tbs for 2 people/2 tbs for 4 people)**. Mix and set aside.



3 COOK THE NOODLES

Add the **soba noodles** to the saucepan of boiling water and cook for **3 minutes**, or until 'al dente'. **Note: Be sure to add the correct amount of noodles in order for your dish to be perfectly balanced, just the way we planned it!** Drain, refresh under cold water and set aside in a large bowl. **TIP: Drizzle with olive oil to prevent sticking.**



4 TOAST THE NUTS & SEEDS

While the noodles are cooking, heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **roasted almonds, roasted cashews** and **sesame seeds** and cook for **2 minutes**, stirring, until golden and toasted. Add the **Chinese five spice** and cook for **1 minute**, or until fragrant. Remove from the heat and season to taste with a **pinch of salt**. Transfer the nut-seed mix to a small bowl. **TIP: Use this technique on another day to flavour nuts with any spice blend you like!**



5 BRING IT ALL TOGETHER

Return the pan to a medium-high heat and add another **drizzle of olive oil** (if needed). Cook the **broccoli, ginger, and red capsicum** for **4-5 minutes**, or until slightly tender. Add the **soba noodles** and the **garlic-soy mixture** and stir to combine. Cook for **1 minute**, or until the noodles are heated through.



6 SERVE UP

Divide the broccoli, ginger and sesame soba noodles between bowls. Top with five spiced nuts and seeds and the spring onion. Squeeze over any remaining lemon juice. **TIP: If you find the ginger overpowering, be sure to add the lemon juice to mellow out the flavour.**

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
lemon	1	2
roasted almonds	1 packet	2 packets
broccoli	1 head	2 heads
ginger	1 knob	2 knobs
red capsicum	1	2
spring onion	1 bunch	1 bunch
soy sauce*	2½ tbs	5 tbs
honey*	1 tbs	2 tbs
soba noodles	½ packet (135 g)	1 packet (270 g)
roasted cashews	1 packet	2 packets
sesame seeds	1 packet	2 packets
Chinese five spice	1 sachet (2 tsp)	2 sachets (1 tbs)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2590kJ (618Cal)	674kJ (161Cal)
Protein (g)	26.6g	6.9g
Fat, total (g)	22.8g	5.9g
- saturated (g)	2.7g	0.7g
Carbohydrate (g)	69.3g	18.0g
- sugars (g)	19.0g	5.0g
Sodium (g)	1760mg	459mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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