



Veggie Noodle Stir-fry

with Sugar Snaps and Peanuts

N° 17

BALANCED 25 Minutes • Under 600 Calories • 2 of your 5 a day • Veggie



-  Green Pepper
-  Carrot
-  Red Onion
-  Garlic Clove
-  Salted Peanuts
-  Soy Sauce
-  Ketchup
-  Ketjap Manis
-  Egg Noodles
-  Sugar Snap Peas
-  Easy Ginger

Before you start

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

Basic 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	2 cloves	2 cloves
Salted Peanuts 1)	1 small pot	1 large pot	1 large pot
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets
Ketchup 10)	½ sachet	1 sachet	1 sachet
Ketjap Manis 11) 13)	1 sachet	2 sachets	2 sachets
Egg Noodles 8) 13)	2 nests	3 nests	4 nests
Sugar Snap Peas**	1 small pack	2 small packs	2 small 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)	1889 /452	487 /116
Fat (g)	8	2
Sat. Fat (g)	1	1
Carbohydrate (g)	77	20
Sugars (g)	25	7
Protein (g)	18	5
Salt (g)	2.61	0.67

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.

Contact

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Packed in the UK



1. 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 and 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**.



4. 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 **sugar snaps** are tender, 1-2 mins.



2. 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 them from sticking together.



5. Add the Noodles

Add the grated **carrot** and **noodles** to the pan and stir to coat all the **veggies**. Lower the heat 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!



3. 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 **sugar snaps** cook for 2 mins, then add the **garlic** and **easy ginger**. Cook until fragrant, 1 minute.



6. Serve!

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

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.