Teriyaki Prawn Noodles
with pak choi and refeshing salad

Calorie Smart   Quick Cook   20-25 mins · Optional spice · Eat me first

Prawns

Cucumber

Scallion

Egg Noodles

Garlic

Teriyaki Sauce

Chilli

Lime

Pak Choi

Pantry Items: Water, Oil, Salt, Pepper

Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, sieve, zester

Ingredients

	2P	4P
Prawns	180 g	360 g
Cucumber	½ unit	1 unit
Scallion	2 units	4 units
Egg Noodles	150 g	300 g
Garlic	1 unit	2 units
Teriyaki Sauce	1 sachet	2 sachets
Chilli	1 unit	2 units
Lime	1 unit	2 units
Pak Choi	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	405.5 g	100 g
Energy (kJ/kcal)	1928.8 kJ/ 461 kcal	475.7 kJ/ 113.7 kcal
Fat (g)	6.3 g	1.6 g
Sat. Fat (g)	0.1 g	0 g
Carbohydrate (g)	72.9 g	18 g
Sugars (g)	14.7 g	3.6 g
Protein (g)	29.7 g	7.3 g
Salt (g)	3.8 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.
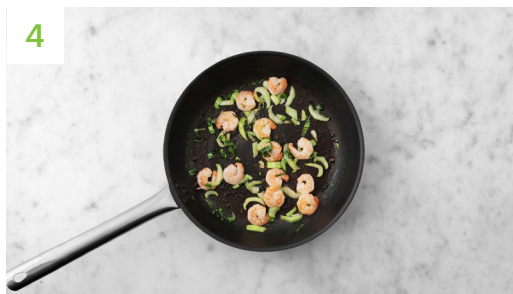

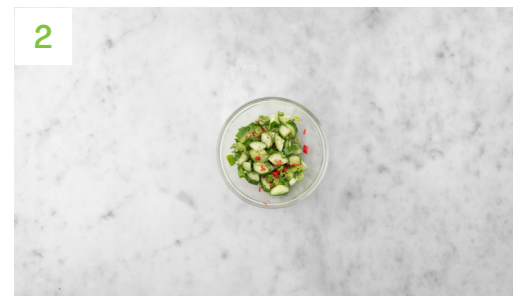
1

Cook the Noodles

- Boil a large pot of **salted water** for the **egg noodles**.
- When the **water** is boiling, add the **noodles** and cook until softened, 4-6 mins.
- Drain in a sieve then return to the pot with a splash of **oil**. Toss to prevent sticking.

TIP: *If you're in a hurry you can boil the water in your kettle.*

2

Make the Salad

- Trim **half** the **cucumber** (double for 4p). Quarter lengthways and chop widthways into small pieces.
- Halve the **chilli** lengthways, deseed then finely chop.
- Trim and thinly slice the **scallion**.
- Zest and juice the **lime**.
- Pop the chopped **cucumber**, **chilli** (use less if you don't like spice) and **scallion** into a bowl. Add the **lime** juice and 1 tbsp **oil** (double for 4p). Season to taste with **salt** and **pepper**. Mix together then set aside.

3

Fry the Prawns

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns** and cook for 3-4 mins. **IMPORTANT:** Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.
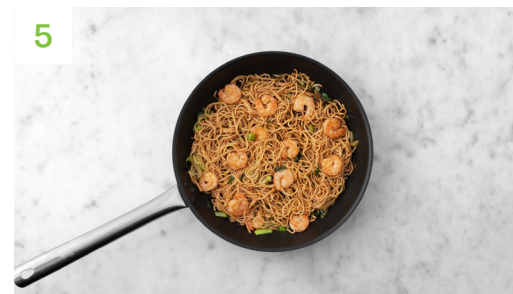
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Soften the Veg

- While the **prawns** cook, trim the **pak choi** and thinly slice widthways.
- Peel and grate the **garlic** (or use a garlic press).
- Add the **pak choi** and **garlic** to the **prawns** and cook until softened, shifting as they colour, 3-4 mins.
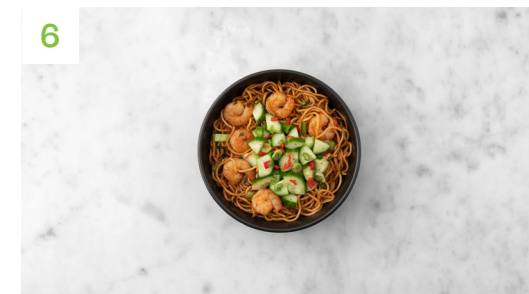
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Add the Sauce

- Remove the pan from the heat and add the **teriyaki sauce**.
- Gently stir to combine and coat the **prawns** evenly.
- Stir through the **lime** zest, taste and season with **salt** and **pepper**. Add a splash of **water** if the sauce is too thick.
- Add the **noodles** to the pan and gently toss to coat in the sauce.

6

Finish and Serve

- Divide the **teriyaki prawn noodles** between bowls.
- Top with the **cucumber salad**, pouring over any juices remaining in the bottom of the bowl.

Enjoy!