



Chilli Garlic Prawn Noodles

with teriyaki veg and crunchy peanuts

Calorie Smart 25-30 mins • Optional spice • Eat me first

11



Prawns



Scallion



Peanuts



Soy Sauce



Egg Noodles



Teriyaki Sauce



Lime



Garlic



Dried Chilli Flakes



Bell Pepper



Pak Choi

Pantry Items: Salt, Pepper, Oil, Water

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
Scallion	2 units	4 units
Peanuts	20 g	40 g
Soy Sauce	2 sachets	4 sachets
Egg Noodles	150 g	300 g
Teriyaki Sauce	1 sachet	2 sachets
Lime	1 unit	2 units
Garlic	2 units	4 units
Dried Chilli Flakes	1 sachet	2 sachets
Bell Pepper	1 unit	2 units
Pak Choi	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	445.5 g	100 g
Energy (kJ/kcal)	2292.8 kJ/ 548 kcal	514.7 kJ/ 123 kcal
Fat (g)	11.6 g	2.6 g
Sat. Fat (g)	1.2 g	0.3 g
Carbohydrate (g)	77.7 g	17.4 g
Sugars (g)	17.8 g	4 g
Protein (g)	34.4 g	7.7 g
Salt (g)	7.3 g	1.6 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.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



You can recycle me!



Cook the Noodles

- Boil a pot of **salted water** for the **noodles**.
- When the **water** is boiling, add the **noodles** and cook until softened, 4-6 mins.
- Drain in a sieve.
- 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.*



Get Prepped

- Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Zest and quarter the **lime**.
- Trim and thinly slice the **scallion**.
- Peel and grate the **garlic** (or use a garlic press).
- Trim the **pak choi** then chop widthways into quarters.



Marinate the Prawns

- Add the **chilli flakes** (use less if you don't like spice), **lime** zest, 1 tbsp **oil** (double for 4p), **half** the **garlic** and **half** the **soy sauce** to a medium bowl.
- Stir to combine.
- Pop the **prawns** into the bowl and turn to coat well in the marinade. **IMPORTANT:** Wash hands and equipment after handling raw prawns.



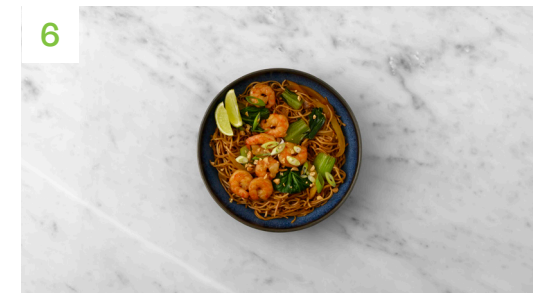
Fry the Prawns

- Place a pan over medium-high heat (without oil).
- Once hot, add the **prawns** along with the marinade from the bowl and stir-fry until cooked through, 4-6 mins.
- Once cooked, remove the pan from the heat. **IMPORTANT:** Prawns are cooked when pink on the outside and opaque in the middle.
- Set the **prawns** aside and cover to keep warm.
- Return the pan to high heat with a drizzle of **oil**.



Make the Teriyaki Veg

- Once the pan is hot, fry the **pepper** and **pak choi** until starting to soften, 4-5 mins.
- Add the remaining **garlic**. Fry until fragrant, 30 secs.
- Add 75ml **water**, the juice of 2 **lime** wedges (double both for 4p), **teriyaki sauce** and remaining **soy sauce**. Stir together and bring to the boil.
- Add a splash of **water** to loosen the sauce if needed. Season to taste with **salt** and **pepper**.
- Toss the **noodles** in the sauce until coated and warmed through, 1-2 mins.



Garnish and Serve

- Roughly chop the **peanuts**.
- Divide the **noodles** between bowls.
- Top with the **prawns** and any remaining sauce from the pan.
- Finish with a scattering of **peanuts** and **scallion**.
- Serve remaining **lime** wedges alongside for squeezing over.

Enjoy!