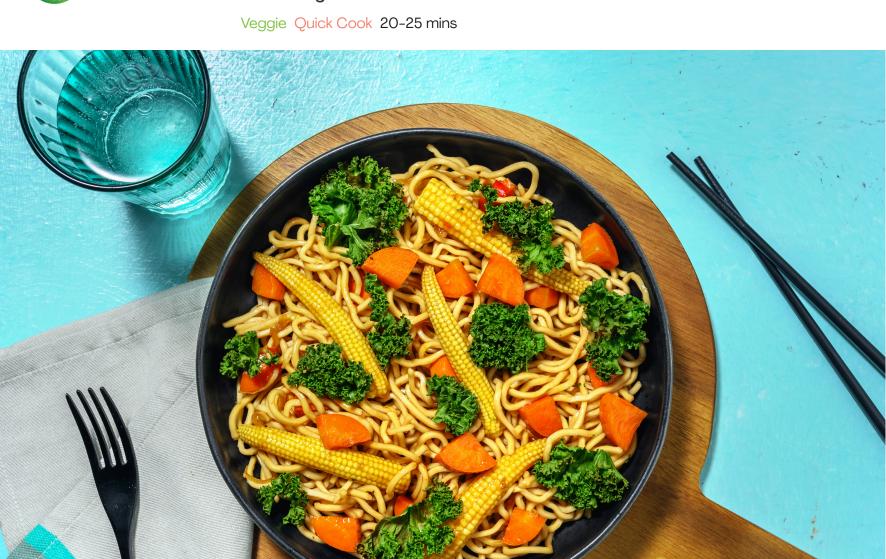


Fragrant Veggie Noodles

with baby corn and roasted kale

















Sweet Chilli Sauce





Thai Style Spice Mix





Pantry Items: Water, Salt, Oil, Pepper



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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

Baking sheet with baking paper, sieve

Ingredients

	2P	4P
Teriyaki Sauce	2 sachets	4 sachets
Egg Noodles	150 g	300 g
Kale	80 g	160 g
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Sweet Chilli Sauce	1 sachet	2 sachets
Carrot	1 unit	2 units
Thai Style Spice Mix	1 sachet	2 sachets
Baby Corn	150 g	300 g
Shallot	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	432 g	100 g
Energy (kJ/kcal)	2464.4 kJ/ 589 kcal	570.5 kJ/ 136.3 kcal
Fat (g)	10.4 g	2.4 g
Sat. Fat (g)	0.6 g	0.1 g
Carbohydrate (g)	108 g	25 g
Sugars (g)	35 g	8.1 g
Protein (g)	19 g	4.4 g
Salt (g)	9.8 g	2.3 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.

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Roast the Kale

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Boil a large pot of **salted water** for the **noodles**.
- Strip the leafy part of the **kale** from the stem. Chop the leaves into bite-sized pieces. Discard the stems (they're too tough to eat).
- Spread the **kale** out on a lined baking tray.
- Toss with salt, pepper and a drizzle of oil. When the oven is hot, bake on the middle shelf until crispy, 6-8 mins.

TIP: Watch the kale closely so it doesn't burn.



Finish and Serve

- Stir the drained noodles through the sauce until well coated and warmed through.
- Divide your fragrant veggie **noodles** between bowls.
- Top with the crispy roasted kale.

Enjoy!



Cook the 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, off the heat.
 Drizzle with oil and toss to prevent sticking.
- While the noodles cook, halve the baby corn lengthways.
- Halve, peel and thinly slice the **shallot**.
- Trim the carrot, then quarter lengthways (no need to peel). Chop widthways into small pieces.



Make the Sauce

- Place a large pan over medium-high heat with a drizzle of oil.
- Once hot, fry the **carrot**, **shallot** and **corn** until tender, stirring often, 6-8 mins.
- Add Thai spice mix and lemongrass paste. Cook until fragrant, 1 min.
- Add teriyaki sauce and 150ml water (double for 4p). Stir until warmed through.
- Remove from the heat and mix in the sweet chilli sauce. Season to taste with salt and pepper.

TIP: Loosen the sauce with a splash of water if necessary.