



# Hoisin Prawn Noodles

with ginger and green beans

Calorie Smart Quick Cook 20 – 25 mins • Eat me first

12



Prawns



Ginger



Green Beans



Udon Noodles



Lemon



Hoisin Sauce



Garlic



Onion



Soy Sauce

Pantry Items: Oil, Salt, Pepper, Water



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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

Grater

## Ingredients

	2P	4P
Prawns	180 g	360 g
Ginger	1 unit	2 units
Green Beans	150 g	300 g
Udon Noodles	300 g	600 g
Lemon	1 unit	2 units
Hoisin Sauce	2 sachets	4 sachets
Garlic	2 units	4 units
Onion	1 unit	2 units
Soy Sauce	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	462.5 g	100 g
Energy (kJ/kcal)	1653 kJ/ 395 kcal	357 kJ/ 85 kcal
Fat (g)	2.6 g	0.6 g
Sat. Fat (g)	0.4 g	0.1 g
Carbohydrate (g)	69.3 g	15 g
Sugars (g)	13.5 g	2.9 g
Protein (g)	26.3 g	5.7 g
Salt (g)	3.4 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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

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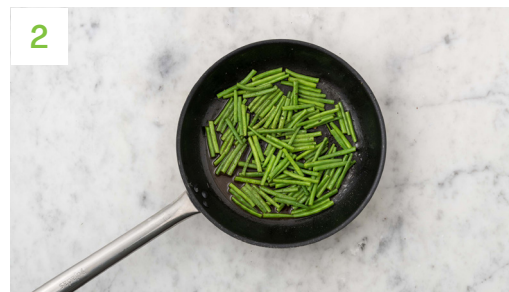


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## Get Prepped

- Peel and grate the **garlic** (or use a garlic press).
- Peel and grate the **ginger** (use a teaspoon to easily scrape away the peel).
- Halve, peel and thinly slice the **onion**.
- Quarter the **lemon**.
- Trim the **green beans**.



## Fry the Green Beans

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **green beans** until starting to char, 4-5 mins.



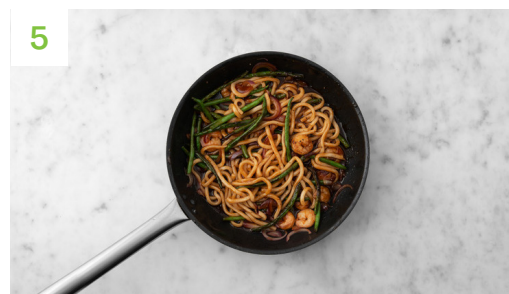
## Add the Prawns

- Add the **prawns, garlic, ginger** and **onion** to the pan with another drizzle of **oil**.
- Fry until **onion** is softened and **prawns** are cooked through, stirring regularly, 4-5 mins. **IMPORTANT:** Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.



## Cook the Noodles

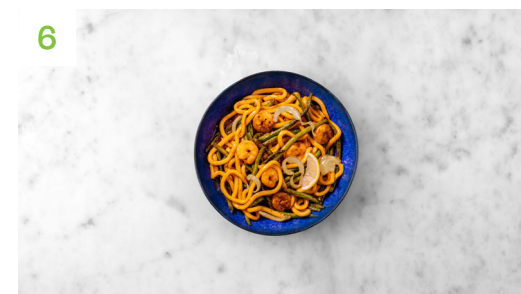
- Once the **prawns** have cooked, carefully separate the **noodles**.
- Add them to the pan with the **prawns**.
- Cook until warmed through, 1-2 mins.



## Make the Sauce

- Add the **hoisin sauce** and **soy sauce** to the pan.
- Carefully toss everything together to coat in the sauce.
- Season to taste with **salt, pepper** and **lemon** juice.

**TIP:** Add a splash of water if you feel the sauce needs loosening.



## Finish and Serve

- Divide the hoisin **prawn noodles** between deep plates or bowls.
- Serve any remaining **lemon** wedges alongside for squeezing over.

**Enjoy!**