



Teriyaki Prawn Noodles

with pak choi and refreshing salad

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

12



Prawns



Cucumber



Scallion



Egg Noodles



Garlic



Teriyaki Sauce



Chilli



Lime



Pak Choi

Pantry Items: Water, Oil, Salt, Pepper, Sugar



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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, sieve, zester

Ingredients

	2P	4P
Prawns	180 g	360 g
Cucumber	1 unit	2 units
Scallion	2 units	4 units
Egg Noodles	150 g	300 g
Garlic	2 units	4 units
Teriyaki Sauce	2 sachets	4 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	423 g	100 g
Energy (kJ/kcal)	2209.2 kJ/ 528 kcal	522.3 kJ/ 124.8 kcal
Fat (g)	8.1 g	1.9 g
Sat. Fat (g)	0.2 g	0 g
Carbohydrate (g)	84.3 g	19.9 g
Sugars (g)	24.4 g	5.8 g
Protein (g)	44.2 g	10.4 g
Salt (g)	6.3 g	1.5 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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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, off the heat.
- Drizzle with **oil** and toss to prevent sticking.

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



Soften the Veg

- While the **prawns** cook, trim the **pak choi**, then separate the leaves. Halve each leaf lengthways.
- Peel and grate the **garlic** (or use a garlic press).
- Add the **pak choi**, **garlic** and **chilli** (add less if you dont like the heat) to the **prawns**.
- Cook until softened, shifting as they colour, 2-3 mins.



Make the Salad

- Meanwhile, trim the **cucumber**, 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 **cucumber** and **scallion** into a bowl. Add the **lime** juice, 1 tsp **sugar** and 1 tsp **oil** (double both for 4p). Season to taste with **salt** and **pepper**. Mix together then set aside.



Add the Sauce

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



Fry the Prawns

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **prawns** until cooked through, 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.



Finish and Serve

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

Enjoy!