



Kale and Baby Corn Noodles

with Thai spices and lemongrass

Veggie Calorie Smart 20 – 25 mins

14



Teriyaki Sauce



Egg Noodles



Kale



Garlic, Ginger & Lemongrass Paste



Carrot



Thai Style Spice Mix



Baby Corn



Shallot



Ketjap Manis

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
Carrot	1 unit	2 units
Thai Style Spice Mix	2 sachets	4 sachets
Baby Corn	150 g	300 g
Shallot	1 unit	2 units
Ketjap Manis	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	391.5 g	100 g
Energy (kJ/kcal)	2322.1 kJ/ 555 kcal	593.1 kJ/ 141.8 kcal
Fat (g)	9.3 g	2.4 g
Sat. Fat (g)	0.5 g	0.1 g
Carbohydrate (g)	101.4 g	25.9 g
Sugars (g)	35.8 g	9.1 g
Protein (g)	18.5 g	4.7 g
Salt (g)	7.2 g	1.8 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.

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Roast the Kale

- Preheat the 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 and discard the stems.
- Spread the **kale** out on a lined baking tray.
- Toss with **half** the **Thai spice**, **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 the remaining **Thai spice** and **lemongrass paste**. Cook until fragrant, 1 min.
- Add **teriyaki sauce** and 50ml **water** (double for 4p). Stir to warm through.
- Remove from the heat and mix in the **ketjap manis**. Season to taste with **salt** and **pepper**.

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