



Chilli Garlic Green Bean Stir-fry

with noodles and crunchy peanuts

25 – 30 mins • Veggie • Optional spice

14



Peanuts



Egg Noodles



Teriyaki Sauce



Lime



Garlic



Dried Chilli Flakes



Pak Choi



Bell Pepper



Soy Sauce



Green Beans

Pantry Items: Salt, Pepper, Oil, Water



Rate your recipe!

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
Peanuts	20 g	40 g
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
Pak Choi	1 unit	2 units
Bell Pepper	1 unit	2 units
Soy Sauce	2 sachets	4 sachets
Green Beans	150 g	300 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	401 g	100 g
Energy (kJ/kcal)	2125.5 kJ/ 508 kcal	530 kJ/ 126.7 kcal
Fat (g)	11.3 g	2.8 g
Sat. Fat (g)	1.2 g	0.3 g
Carbohydrate (g)	83.9 g	20.9 g
Sugars (g)	20.5 g	5.1 g
Protein (g)	20.8 g	5.2 g
Salt (g)	6.4 g	1.6 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

Share your creations with
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



You can recycle me!



Cook the Noodles

- Boil a pot of **salted water** for the **noodles**.
- When the **water** is boiling, add the **noodles**.
- Cook until softened, 4-6 mins.
- Drain in a sieve and return to the pot, off the heat.
- Drizzle with **oil** and toss to prevent sticking.



Add the Teriyaki

- Add 100ml **water** (per 2P), the juice of two **lime** wedges (per 2P), **teriyaki sauce** and **soy sauce** to the pan.
- Stir together and bring to the boil.
- Add another splash of **water** to loosen the sauce if needed. Season to taste with **salt** and **pepper**.



Get Prepped

- Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Trim and halve the **green beans**.
- Zest and quarter the **lime**.
- Peel and grate the **garlic** (or use a garlic press).
- Trim the **pak choi** then quarter lengthways.



Coat the Noodles

- Add the drained **noodles** to the sauce.
- Toss until coated and warmed through, 1-2 mins.



Soften the Veg

- Place a pan over medium-high heat (without oil).
- Once the pan is hot, fry the **green beans**, **pepper** and **pak choi** until starting to char, 4-5 mins.
- Add the **chilli flakes** (use less if you don't like spice), **lime** zest and **garlic**.
- Fry until fragrant, 30 secs.



Garnish and Serve

- Divide the **noodles** between bowls.
- Scatter over the **peanuts**.
- Serve remaining **lime** wedges alongside for squeezing over.

Enjoy!