



Chilli Garlic Prawn Noodles

with teriyaki veg and crunchy peanuts

25 – 30 mins • Eat me first • **Optional spice**

11



Prawns



Bell Pepper



Scallion



Peanuts



Soy Sauce



Egg Noodles



Teriyaki Sauce



Lime



Garlic



Dried Chilli Flakes



Pak Choi



Prawns

Pantry Items: Oil, Salt, Pepper, 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.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Grater, sieve, zester

Ingredients

	2P	4P
Prawns	150 g	300 g
Bell Pepper	1 unit	2 units
Scallion	2 units	4 units
Peanuts	20 g	40 g
Soy Sauce	2 sachets	4 sachets
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
Prawns	300 g	600 g

Nutrition

for uncooked ingredient	Per 100g	Per 100g
Energy (kJ/kcal)	585 kJ / 140 kcal	493 kJ / 118 kcal
Fat (g)	4.2 g	2.4 g
Sat. Fat (g)	0.5 g	0.3 g
Carbohydrate (g)	18.7 g	16.1 g
Sugars (g)	4.3 g	3.7 g
Protein (g)	7.1 g	8.3 g
Salt (g)	1.7 g	1.7 g

See site or app for detailed nutritional info.


Allergens

For allergen information please refer to the website or individual ingredient labels.

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 You can recycle me!



1



Cook the Noodles

- Boil a pot of **salted water** for 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.
- Add a splash of **oil** and toss to prevent sticking.

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

2



Get Prepped

- Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Zest and quarter the **lime**.
- Trim and thinly slice the **scallion**.
- Peel and grate the **garlic** (or use a **garlic** press).
- Trim the **pak choi** then chop widthways into quarters.

3



Marinate the Prawns

- Add the **chilli flakes** (use less if you don't like spice), **lime** zest, 1 tbsp **oil** (per 2P), half the **garlic** and **half** the **soy sauce** to a medium bowl.
- Stir to combine.
- Mix in the **prawns**, ensuring they're well coated in the marinade.
IMPORTANT: Wash hands and equipment after handling raw prawns.

4



Fry the Prawns

- Place a pan over medium-high heat (without oil).
- Once hot, add the **prawns** along with the marinade from the bowl and stir-fry until cooked through, 4-6 mins.
- Once cooked, remove the **prawns** from the pan and cover to keep warm. **IMPORTANT:** Prawns are cooked when pink on the outside and opaque in the middle.
- Return the pan to high heat with a drizzle of **oil**.

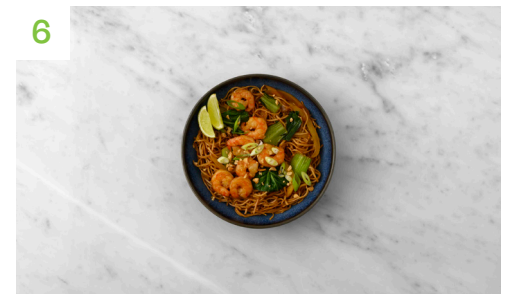
5



Make the Teriyaki Veg

- Once the pan is hot, fry the **pepper** and **pak choi** until starting to soften, 4-5 mins.
- Add the remaining **garlic**. Fry until fragrant, 30 secs.
- Add 75ml **water** (per 2P), the juice of 2 **lime** wedges (per 2P), **teriyaki sauce** and remaining **soy sauce**. Stir together and bring to the boil.
- Add a splash of **water** to loosen the sauce if needed. Season to taste with **salt** and **pepper**.
- Toss the **noodles** in the sauce until coated and warmed through, 1-2 mins.

6



Garnish and Serve

- Roughly chop the **peanuts**.
- Divide the **noodles** between bowls.
- Top with the **prawns** and any remaining sauce from the pan.
- Finish with a scattering of **peanuts** and **scallion**.
- Serve remaining **lime** wedges alongside for squeezing over.

Enjoy !