



Chilli Garlic Green Bean Stir-fry with noodles and crunchy peanuts

25 – 30 mins • Veggie • Optional spice

24



Peanuts



Egg Noodles



Teriyaki Sauce



Lime



Garlic



Dried Chilli Flakes



Pak Choi



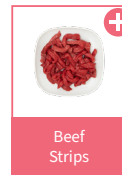
Bell Pepper



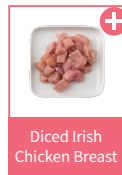
Soy Sauce



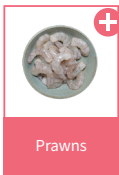
Green Beans



Beef Strips



Diced Irish Chicken Breast



Prawns

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.

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
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
Beef Strips	250 g	500 g
Diced Irish Chicken Breast	260 g	520 g
Prawns	150 g	300 g

Nutrition

		Recipe 1	Recipe 2	Recipe 3
for uncooked ingredient	Per 100g	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	530 kJ/126 kcal	519 kJ/124 kcal	511 kJ/122 kcal	487 kJ/116 kcal
Fat (g)	2.8 g	2.8 g	2.4 g	2.5 g
Sat. Fat (g)	0.3 g	0.5 g	0.3 g	0.3 g
Carbohydrate (g)	20.9 g	16 g	15.8 g	17.6 g
Sugars (g)	5.1 g	3.9 g	3.9 g	4.3 g
Protein (g)	5.2 g	9 g	9.8 g	6.6 g
Salt (g)	1.6 g	1.2 g	1.2 g	1.5 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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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.



Get Prepped

- Meanwhile, halve the **bell 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.



Soften the Veg

- Place a pan over medium-high heat (without oil).
- Once the pan is hot, fry the **green beans**, **bell 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.



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**.



Coat the Noodles

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



Garnish and Serve

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

Enjoy!

CUSTOM OPTIONS



BEEF STRIPS

Adding beef? Add to the hot pan and cook for 2-3 mins. Remove before adding veg. Stir back in just before serving.



DICED CHICKEN BREAST

Adding chicken? Add to the hot pan and fry until cooked through, 8-10 mins, before adding the veg.



DICED PRAWNS

Adding prawns? Add to the hot pan along with the veg and fry until cooked through, 4-5 mins.