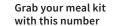
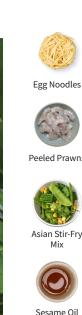


Thai Satay Prawn & Ginger Noodle Stir-Fry with Asian Veg Mix & Coriander

FAST & FANCY











Peeled Prawns



Asian Stir-Fry



Satay Seasoning



Sesame Oil







Ginger Paste

Oyster Sauce





Crushed Peanuts

Coriander





Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
egg noodles	1 packet	2 packets
lime	1/2	1
peeled prawns	1 packet	2 packets
sweet chilli sauce	1 packet	1 packet
Asian stir-fry mix	1 medium packet	2 medium packets
satay seasoning	1 sachet	2 sachets
sesame oil blend	1 packet	2 packets
garlic paste	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
oyster sauce	1 medium packet	1 large packet
brown sugar*	½ tsp	1 tsp
water*	1/4 cup	½ cup
crushed peanuts	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2725kJ (651cal)	293kJ (70cal)
Protein (g)	28.7g	3.1g
Fat, total (g)	21.6g	2.3g
- saturated (g)	3.4g	0.4g
Carbohydrate (g)	82.7g	8.9g
- sugars (g)	20.2g	2.2g
Sodium (mg)	3243mg	348.3mg
Dietary Fibre (g)	15.5g	1.7g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook egg noodles over medium-high heat, stirring occasionally with a fork to separate, until tender, 4-5 minutes.
- Drain, rinse and set aside.
- Meanwhile, slice **lime** into wedges.



Cook the prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook peeled prawns, tossing, until pink and starting to curl up,
 3-4 minutes.
- Remove pan from heat, then stir in **sweet chilli sauce** and a splash of **water**, until combined. Transfer to a plate and cover to keep warm.



Make the noodle stir-fry

- Wipe out frying pan and return to medium-high heat with a drizzle of olive oil.
- Cook Asian stir-fry mix, tossing, until tender, 2-3 minutes.
- Add satay seasoning, sesame oil blend, garlic paste and ginger paste, then cook until fragrant, 1 minute.
- Add cooked egg noodles, oyster sauce, the brown sugar, water and a squeeze of lime juice, tossing until well combined, 1 minute. Season with pepper.



Serve up

- Divide ginger noodle stir-fry between bowls. Top with Thai satay prawns.
- Sprinkle over **crushed peanuts** and tear over **coriander** to serve.
- · Serve with any remaining lime wedges. Enjoy!

