



ASIAN VEGGIE NOODLE BOWL

with Peanut Dressing & Thai Seven Spice Nuts



Spice up your nuts!



Cucumber



Spring Onion



Lime



Long Red Chilli (Optional)



Peanut Butter



Noodles



Thai Seven Spice Blend



Roasted Peanuts



Shredded Red Cabbage



Carrot



Garlic

Hands-on: 20 mins
Ready in: 30 mins
Spicy (optional long red chilli)

Spice things up tonight with this healthy Asian inspired bowl packed full of colour, crunch and zesty flavour! The natural nuttiness of the noodles combines brilliantly with the Thai seven spice nuts and peanut dressing to deliver you a true taste sensation.

Pantry Staples: Olive Oil, Soy Sauce, Rice Wine Vinegar (Or White Wine Vinegar), Brown Sugar, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium saucepan, garlic crusher, box grater, small bowl, fork, colander, medium frying pan, wooden spoon, baking paper** and a **large bowl**.



1 GET PREPPED

Bring a medium saucepan of water to boil. Peel and crush the **garlic**. Grate the **carrot** (unpeeled). Cut the **cucumber** into 0.5 cm half-moons. Finely slice the **spring onion**. Juice the **lime**. Finely slice the **long red chilli** (if using).



2 MAKE THE PEANUT DRESSING

In a small bowl, combine the **garlic, peanut butter, 1/2 the soy sauce, the rice wine vinegar, brown sugar and warm water (check ingredients list for the amount)** and whisk with a fork. Set aside to cool.
TIP: If necessary, add more water to reach a drizzle consistency.



3 COOK THE NOODLES

While the dressing is cooling, add the **noodles (use suggested amount)** to the saucepan of boiling water and cook for **3-4 minutes**, or until 'al dente'. Drain and refresh under cold water. Return to the saucepan and set aside.



4 COOK THE SPICED NUTS

While the noodles are cooking, heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **honey, the remaining soy sauce and the Thai seven spice blend** to the pan and bring to the boil. Add the **roasted peanuts**, stir to coat and cook for **1-2 minutes**, or until slightly sticky. Set aside on a sheet of baking paper to cool slightly.



5 BRING IT ALL TOGETHER

In a large bowl, place the **shredded red cabbage, carrot, cucumber, spring onion and noodles**. Add a **drizzle of olive oil** and the **lime juice (1 tbs for 2 people / 2 tbs for 4 people)** and toss to combine.
TIP: Add as little or as much lime juice depending on your taste preference.



6 SERVE UP

Divide the Asian veggie noodles between bowls and drizzle over the peanut dressing. Top with the Thai seven spice nuts and garnish with the long red chilli (if using).

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
carrot	1	2
cucumber	1	2
spring onion	1 bunch	1 bunch
lime	1	2
long red chilli (optional)	1	2
peanut butter	1 tub (50 g)	1 tub (100 g)
soy sauce*	2 tbs	4 tbs
rice wine vinegar* (or white wine vinegar)	1 tbs	2 tbs
brown sugar*	2 tsp	1 tbs
warm water*	1 tbs	2 tbs
noodles	135 g	270 g
honey*	2 tsp	1 tbs
Thai seven spice blend	1 sachet (1 tbs)	2 sachets (2 tbs)
roasted peanuts	2 packets	4 packets
shredded red cabbage	1 bag	1 bag

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2910kJ (695Cal)	690kJ (165Cal)
Protein (g)	25.9g	6.2g
Fat, total (g)	30.5g	7.2g
- saturated (g)	5.0g	1.2g
Carbohydrate (g)	73.2g	17.3g
- sugars (g)	18.9g	4.5g
Sodium (g)	1980mg	469mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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