



SPEEDY ASIAN VEGGIE VERMICELLI NOODLE BOWL

with Lime Dressing & Sticky Five Spiced Nuts



Learn to make spiced nuts



Carrot



Spring Onion



Cucumber



Mint



Vermicelli Noodles



Chinese Five Spice



Roasted Almonds



Roasted Cashews



Roasted Peanuts



Long Red Chilli (Optional)



Lime



Shredded Red Cabbage

Hands-on: 20 mins
Ready in: 25 mins

Spicy (optional long red chilli)

The secret to this zesty little number is the abundance of flavour and crunch from homemade spiced nuts. Once you've mastered our take on a nut praline, you'll never look back! It's perfect for accompanying all manner of dishes, or even just as a snack on its own.

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

BEFORE YOU START

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



1 GET PREPPED

Bring a full kettle of water to the boil. Grate the **carrot** (unpeeled). Finely slice the **spring onion** (use the green parts, discard the white). Cut the **cucumber** into 0.5 cm half-moons. Pick and finely chop the **mint** leaves. Finely slice the **long red chilli** (if using).



2 SOAK THE VERMICELLI NOODLES

Place the **vermicelli noodles** (use **suggested amount**) in a large bowl and pour over enough boiling water to completely cover the noodles. **Note: Be sure to use the correct amount of noodles so your meal is perfectly balanced, just the way we planned it!** Soak for **5-6 minutes**, or until softened. Drain well, refresh under cold water and return to the bowl. **TIP: Drizzle with a little olive oil to prevent the noodles from sticking.**



3 COOK THE SPICED NUTS

While the noodles are soaking, heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add **1/2** of the **brown sugar**, the **Chinese five spice** and **2/3** of the **soy sauce** and heat until the mixture is bubbling. Add the **roasted almonds, roasted cashews** and **roasted peanuts**, stir to coat, and cook for **1-2 minutes**, or until slightly sticky. Remove from the pan and set aside on a sheet of baking paper to cool.



4 MAKE THE SOY-LIME DRESSING

While the nuts are cooling, cut the **lime** in half and juice until you have **1 tbs for 2 people / 2 tbs for 4 people**. In a small bowl, combine the lime juice, **rice wine vinegar, remaining soy sauce** and **remaining brown sugar**. Set aside.



5 MAKE THE SALAD

Add the **carrot, spring onion, cucumber, mint** (reserve some for garnish) and **shredded red cabbage** to the bowl with the noodles. Pour over the **soy-lime dressing** and toss to combine. **TIP: Toss the salad just prior to serving to prevent soggy veggies.**



6 SERVE UP

Divide the Asian vermicelli salad between bowls and spoon over the five spice sticky nuts. Garnish with the remaining mint leaves and long red chilli (if using) **TIP: Some like it hot but if you don't, just hold back on the chilli.**

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	1	2
spring onion	1 bunch	1 bunch
cucumber	1	2
mint	1 bunch	1 bunch
long red chilli (optional)	1	2
vermicelli noodles (use suggested amount)	½ packet (100 g)	1 packet (200 g)
brown sugar*	2 tbs	4 tbs
Chinese five spice	1 sachet (2 tsp)	2 sachets (4 tsp)
soy sauce*	3 tbs	6 tbs
roasted almonds	1 packet	2 packets
roasted cashews	1 packet	2 packets
roasted peanuts	1 packet	2 packets
lime	1	2
rice wine vinegar* (or white wine vinegar)	1 tbs	2 tbs
shredded red cabbage	1 bag	1 bag

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2770kJ (662Cal)	675kJ (161Cal)
Protein (g)	21.3g	5.2g
Fat, total (g)	28.6g	7.0g
- saturated (g)	4.0g	1.0g
Carbohydrate (g)	74.4g	18.1g
- sugars (g)	27.4g	6.7g
Sodium (g)	1400mg	341mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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