



SWEET CHILLI UDON NOODLES

with Roasted Cashews & Peanuts



Add crunch to a noodle dish with nuts!



Carrot



Garlic



Long Red Chilli (Optional)



Snow Peas



Asian Greens



Coriander



Lime



Udon Noodles



Sweet Chilli Sauce



Roasted Cashews



Roasted Peanuts

Pantry Staples



Olive Oil



Soy Sauce



Water

Hands-on: **25** mins
Ready in: **30** mins
Spicy (optional long red chilli)

Put your table manners to the side just for tonight – we’re slurping these saucy noodles without any shame. Along with cashews and peanuts for a super nutty crunchy finish, this colourful bowl is perfectly satisfying on a hectic weeknight.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **large saucepan**, **chef's knife**, **chopping board**, **colander**, **large wok** or **frying pan**, **wooden spoon** and **tongs**.



1 GET PREPPED

Bring a large saucepan of salted water to the boil. Cut the **carrot** (unpeeled) into 0.5 cm thin batons. Peel and finely chop the **garlic**. Deseed and finely chop the **long red chilli (if using)**.

TIP: Make sure you remove the seeds and white pith when deseeding the chilli. The pith is actually the hottest part! If you like heat, leave it in for an extra kick. Trim the ends of the **snow peas** and slice into thirds. Roughly chop the **Asian Greens**. Pick the **coriander** leaves.



2 COOK THE UDON NOODLES

Add the **udon noodles** to the saucepan of boiling water and cook for **8-10 minutes**, or until just tender. **Note:** Be sure to add the correct amount of noodles in order for your dish to be perfectly balanced, just the way we planned it! Drain and refresh under cold water. **TIP:** Leave the noodles slightly undercooked to allow them to cook through and absorb lots of sauce and flavour when returned to the pan in step 4.



3 COOK THE VEGGIES

While the noodles are cooking, heat a **drizzle of olive oil** in a large wok or frying pan over a high heat. Add the **carrot** and cook for **3 minutes**, or until softened. Add the **garlic** and the **long red chilli (if using)** and cook for **1 minute**, or until fragrant. **TIP:** Some like it hot but if you don't, hold back on the chilli! Add the **snow peas** and the **Asian Greens** and stir fry for **20-30 seconds**.



4 MAKE IT SAUCY

Add the **udon noodles**, the **sweet chilli sauce**, the **soy sauce** and the **water (check the ingredients list for the amount)** to the pan with the veggies. Toss the noodles in the sauce and cook for **2 minutes**, or until the **noodles** are heated through and the vegetables are tender.



5 ADD THE NUTS

Add the **roasted cashews** and the **roasted peanuts** to the pan with the noodles and toss to combine.



6 SERVE UP

Divide the sweet chilli udon noodles between plates. Slice the **lime** into wedges and squeeze over the juice (add as much or as little as you like depending on your taste preference). Sprinkle over the coriander leaves.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

| | 2P | 4P |
|----------------------------|------------------|--------------------|
| olive oil* | refer to method | refer to method |
| carrot | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| long red chilli (optional) | ½ | 1 |
| snow peas | 1 bag | 2 bags |
| Asian greens | 1 bunch | 2 bunches |
| coriander | ½ bunch | 1 bunch |
| udon noodles | ¾ packet (180 g) | 1 ½ packet (360 g) |
| sweet chilli sauce | 1 tub (½ cup) | 2 tubs (¾ cup) |
| soy sauce* | 1 ½ tbs | 3 tbs |
| water* | 2 tsp | 1 tbs |
| roasted cashews | 1 packet (¼ cup) | 2 packets (½ cup) |
| roasted peanuts | 1 packet (¼ cup) | 2 packets (½ cup) |
| lime | 1 | 2 |

*Pantry Items | This ingredient can be found in your herb bag

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 3090kJ (738Cal) | 778kJ (186Cal) |
| Protein (g) | 19.8g | 5.0g |
| Fat, total (g) | 26.8g | 6.8g |
| saturated (g) | 4.0g | 1.0g |
| Carbohydrate (g) | 97.8g | 24.6g |
| sugars (g) | 28.9g | 7.3g |
| Sodium (mg) | 2640mg | 665mg |

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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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