



THAI SWEET CHILLI UDON NOODLE & VEGGIE BOWL

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

- 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.

Pantry Staples: Olive Oil, Soy Sauce, Water

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:** Remove the seeds and white pith when deseeding the chilli. The pith is the hottest part! Trim the ends of the **snow peas** and slice into thirds. Roughly chop the **Asian Greens**. Slice the **lime** into wedges. Pick the **coriander** leaves.



4 MAKE IT SAUCY

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



2 COOK THE UDON NOODLES

Add the **udon noodles** to the saucepan of boiling water and cook for **8 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!** **TIP:** Leave the noodles slightly undercooked to allow them to finish cooking and absorb lots of sauce when returned to the pan in step 4. Drain and refresh under cold water.



5 ADD THE NUTS

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



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 chili (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 **Asian Greens** and stir-fry for **20-30 seconds**.



6 SERVE UP

Divide the sweet chilli udon noodles between plates. Squeeze over the juice from the lime wedges and sprinkle over the coriander. **TIP:** Add as much or as little lime juice as you like depending on your taste preference.

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	1 bag
Asian greens	1 bunch	2 bunches
lime	1	2
coriander	1 bunch	1 bunch
udon noodles	¾ packet (180 g)	1 ½ packets (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	2 packets
roasted peanuts	1 packet	2 packets

*Pantry Items

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 (g)	2640mg	665mg

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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