



# TERIYAKI MUSHROOM NOODLE STIR-FRY

with Crushed Peanuts



Add teriyaki sauce  
to noodles!



Broccoli



Carrot



Lime



Teriyaki Sauce



Ramen Noodles



Sesame Seeds



Sliced Mushrooms



Crushed Peanuts

Hands-on: **15 mins**  
Ready in: **20 mins**

Low calorie

Load your bowl with tender ramen noodles plus a medley of colourful veggies. With our easy teriyaki sauce to bring the whole meal together, this feast will have you throwing away the takeaway menu!

**Pantry Staples:** Olive Oil, Soy Sauce

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
 • **medium saucepan** • **large frying pan**



## 1 GET PREPPED

Bring a medium saucepan of water to the boil. Cut the **broccoli** into small florets and roughly chop the stalk. Cut the **carrot** into thin matchsticks (or half-moons if you prefer!). Cut the **lime** into wedges.



## 2 MAKE THE SAUCE

In a small bowl, combine the **teriyaki sauce**, **soy sauce** and **water**.



## 3 COOK THE NOODLES

Add the **ramen noodles** (see ingredients list) and **broccoli** to the saucepan of boiling water and cook until tender, **4 minutes**. Drain and set aside.



## 4 COOK THE VEGGIES

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast until golden, **3-4 minutes**. Transfer to the bowl with the teriyaki sauce. Return the pan to a high heat with a **generous drizzle** of **olive oil**. Add the **sliced mushrooms** and **carrot** with a **pinch** of **salt** and cook, tossing, until softened, **5-6 minutes**. **TIP:** Add a dash of water to help the vegetables cook evenly.



## 5 ADD THE NOODLES

Add the **noodles**, **broccoli** and **teriyaki sauce mixture** to the frying pan and bring to the boil. Cook, tossing, until warmed through, **1 minute**.



## 6 SERVE UP

Divide the noodles between bowls and sprinkle with **crushed peanuts**. Serve with the lime wedges.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
broccoli	1 head	2 heads
carrot	1	2
lime	1	2
teriyaki sauce	1 sachet (130 g)	2 sachets (260 g)
soy sauce*	3 tsp	1½ tbs
water*	¼ cup	½ cup
ramen noodles	½ packet	1 packet
sesame seeds	1 sachet	2 sachets
sliced mushrooms	1 packet (150 g)	1 packet (300 g)
crushed peanuts	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1720kJ (411Cal)	375kJ (90Cal)
Protein (g)	20.5g	4.5g
Fat, total (g)	15.4g	3.4g
- saturated (g)	2.1g	0.5g
Carbohydrate (g)	41.6g	9.1g
- sugars (g)	20.3g	4.4g
Sodium (g)	1530mg	334mg

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

[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

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