



TERIYAKI MUSHROOM NOODLE STIR-FRY

with Crushed Peanuts



Add teriyaki sauce to noodles!



Ginger



Garlic



Broccoli



Carrot



Lime



Teriyaki Sauce



Ramen Noodles



Sesame Seeds



Button 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. Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Cut the **broccoli** into small florets and roughly chop the stalk. Cut the **carrot** (unpeeled) into thin matchsticks (or half-moons if you prefer!). Thinly slice the **button mushrooms**. Zest the **lime** to get a **pinch**, then slice into wedges.



2 MAKE THE SAUCE

In a small bowl, combine the **teriyaki sauce, soy sauce, ginger, garlic, lime zest 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
ginger	1 knob	2 knobs
garlic	1 clove	2 cloves
broccoli	1 head	2 heads
carrot	1	2
button mushrooms	1 punnet (250 g)	2 punnets (500 g)
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
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.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
Hello@HelloFresh.co.nz

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