

### **TERIYAKI MUSHROOM NOODLE STIR-FRY**

with Crushed Peanuts





Add teriyaki sauce to noodles!















Teriyaki Sauce





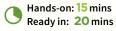


**Button Mushrooms** 



**Crushed Peanuts** 

Pantry Staples: Olive Oil, Soy Sauce





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!

# START

Our fruit and veggies need a  ${\color{red}\textbf{little wash}}$  first! Along with basic cooking tools, you will use:

· medium saucepan · large frying pan



#### **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.



MAKE THE SAUCE
In a small bowl, combine the teriyaki sauce, soy sauce, ginger, garlic, lime zest and water.



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.



Heat a large frying pan over a mediumhigh 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.



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

### **ENJOY!**

## 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	<b>1 punnet</b> (250 g)	<b>2 punnets</b> (500 g)
lime	1	2
teriyaki sauce	<b>1 sachet</b> (130 g)	<b>2 sachets</b> (260 g)
soy sauce*	3 tsp	1½ tbs
water*	1⁄4 cup	½ cup
ramen noodles	½ packet	1 packet
sesame seeds	1 sachet	2 sachets
crushed peanuts	1 packet	2 packets

<sup>\*</sup>Pantry Items

NUTRITION	PER SERVING	<b>PER 100G</b>
Energy (kJ)	1720kJ (411Cal)	375kJ (90Cal)
Protein (g)	20.5g	4.5g
at, 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** 

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