



FEB
2017

Ginger-Garlic Veggie Noodle Stir-Fry

with Bell Peppers, Snow Peas and Mushrooms

Slurping up noodles is so satisfying, and this veggie-packed stir-fry warms our bellies. You'll love the sweet, gingery sauce kicked up by a touch of spicy, crunchy chili cashews!

 prep
35 min

 level 1

 veggie



Ramen Noodles



Red Bell Pepper



Snow Peas



Cremini
Mushrooms



Stir-Fry Sauce



Ginger



Garlic



Green Onions




Chili Cashews



Vegetable Broth
Concentrate

Ingredients

		2 People
Ramen Noodles	1) 4)	2 pkg (220 g)
Red Bell Pepper		1
Chili Cashews 	5) 6) 7)	1 pkg (28 g)
Snow Peas		1 pkg (227 g)
Cremini Mushrooms		1 pkg (227 g)
Stir-Fry Sauce	1) 2) 3)	1 pkg (3 tbsp)
Ginger		30 g
Garlic		1 pkg (10 g)
Green Onions		2
Vegetable Broth Concentrate		1 pkg
Olive or Canola Oil*		

*Not Included

Allergens

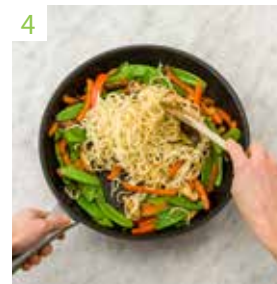
- 1) Wheat/Blé
- 2) Soy/Soja
- 3) Sesame/Sésame
- 4) Egg/Oeuf
- 5) Peanuts/Cacahuates
- 6) Treenuts/Noix
- 7) Sulphites/Sulfites

Tools

Measuring Spoons, Pot, Large Pan, Strainer, Measuring Cups

Nutrition per person Calories: 585 cal | Fat: 11 g | Protein: 23 g | Carbs: 103 g | Fibre: 10 g | Sodium: 1445 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep: Wash and dry all produce. Bring a medium pot of **salted water** to a boil. Core, then cut the **bell pepper** into thin strips. Thinly slice the **mushrooms**. Peel, then grate **1 tbsp ginger**. Mince or grate the **garlic**. Thinly slice the **green onions**. Roughly chop the **chili cashews**. Cut the ends off the **snow peas**.

2 Cook the veggies: Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **mushrooms**. Cook, stirring occasionally, until golden-brown, 5-6 min. Add the **snow peas, bell pepper, green onions, ginger** and **garlic**. Cook until the veggies are just tender-crisp, 3-4 min.

3 Cook the noodles: Meanwhile, add the **noodles** to the boiling water. Cook until the noodles are tender, 2-3 min. Drain and rinse with **cold tap water** (this will remove any excess starch on the noodles and keep it from sticking!).

4 Add the **stir-fry sauce, broth concentrate** and **½ cup water** to the pan. Stir to combine. Add the **noodles** and stir until warmed through, 1-2 min.

5 Divide the **stir-fry** between bowls. Sprinkle with the **cashews**. Enjoy!

NUTRITION FACT: We all know that citrus fruit is a great source of vitamin C, but did you know that bell peppers have double the amount of this nutrient than oranges? Vitamin C is important for maintaining healthy bones and teeth, as well as helping to increase iron absorption in the body!

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Ruler

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