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## Asian fried noodles with lemon grass

and plenty of crispy vegetables and sesame

Asian cuisine offers so much variety for all the senses. Today we are going to treat you to the fine aromas of lemon grass and ginger. Chilli noodles add a hint of spiciness to your day (for Family Box customers there are rice noodles without chilli). Bon appetit.



25 min.



Level 1



Veggie



Fast



Asian noodles



Cloves of garlic



Spring onions



Red peppers



Ginger



Lemon grass



Brown mushrooms



Sesame seeds



Soy sauce



Sesame oil



Coconut milk

## Ingredients in your box\*..... Serves 2 ..... Serves 4

Cloves of garlic	1	1
Spring onions	2	4
Red peppers	1	2
Brown mushrooms	150 g	300 g
Ginger	20g	40 g
Lemon grass	1	2
Chilli noodles/rice noodles	200 g	400 g
1)		
Sesame seeds 11) 15)	20 g	40 g
Sesame oil 11)	20 ml	40 ml
Soy sauce 1) 6)	40 ml	80 ml
Coconut milk	150 ml	250 ml

### Good to have at hand:

Salt, honey, pepper

Nutritional values	Energy	Fat	Saturated fats	Carbo-hydrate	Dietary fibre	Sugar	Protein	Salt
Portion	776 kcal/ 3247 kJ	33 g	16 g	82 g	6 g	24 g	13 g	6 g
100 g	176 kcal/ 735 kJ	8 g	4 g	19 g	2 g	6 g	3 g	2 g

\* Organic ingredients are important to us. If you would like to know which ingredients are organic, check out Our suppliers at HelloFresh.com.

🌱 Can also be used for other recipes as required

### You will need:

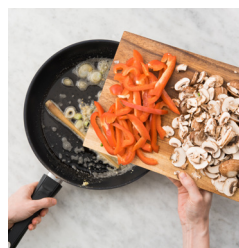
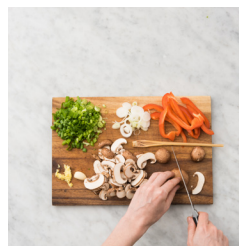
Kettle, vegetable grater, large pot, sieve, large frying pan, garlic press

### Allergens

1) Wheat 6) Soya 11) Sesame seeds  
15) May contain traces of allergens

### Did you know...

There are a few drops of sesame oil left? No problem, you can also use it as hand cream.



**Preparation: Wash vegetables.** Heat up plenty of water in the kettle.

**1** Peel the garlic. Cut the white and green parts of the spring onions into thin rings and keep separate. Cut the **pepper** in half, remove the core, and cut the **pepper halves** into strips. Cut the mushrooms into thin slices. Peel and finely grate ginger. Flatten the lemon grass with the back of a knife until it breaks up a little.

**2** Fill a large pot with boiling water, add plenty of **salt**, and steep the **Asian noodles** in it for approx. 5 min. The noodles do not have to be cooked. Steeping them in water is sufficient. Afterwards, drain them in a sieve.

**3** Toast the **sesame** for 1-2 min. in a large frying pan without fat, then remove it and put it aside.

**4** In the same frying pan, heat up sesame oil at medium heat, press in garlic and add **white** spring onion rings, lemon grass and grated ginger (caution: spicy!) and fry for approx. 1 min. Add **pepper strips** and mushroom slices and fry for 3-5 min. Douse with soy sauce, coconut milk and 1 tsp. **honey**.

**5** Add **Asian noodles** to **fried vegetables**, mix everything together well and season with salt and pepper.

**6** Remove lemon grass from **fried noodles** and distribute noodles on plates, sprinkle with roasted **sesame** and **green** spring onion rings and enjoy.

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