



Ginger Lime Prawn Noodles

with broccoli and peanuts

Family 30-35 mins • Eat me first

5



Prawns



Broccoli



Udon Noodles



Lime



Peanuts



Garlic



Onion



Soy Sauce



Ginger



Honey

Pantry Items: Oil, Salt, Pepper, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Lid, Pot, Sieve, Pan with Lid

Ingredients

	2P	4P
Prawns	180 g	360 g
Broccoli	1 unit	2 units
Udon Noodles	300 g	600 g
Lime	1 unit	2 units
Peanuts	20 g	40 g
Garlic	2 units	4 units
Onion	½ unit	1 unit
Soy Sauce	1 sachet	2 sachets
Ginger	1 unit	2 units
Honey	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	610.5 g	100 g
Energy (kJ/kcal)	2296.4 kJ/ 548.9 kcal	376.1 kJ/ 89.9 kcal
Fat (g)	14.4 g	2.4 g
Sat. Fat (g)	2.1 g	0.4 g
Carbohydrate (g)	66.3 g	10.9 g
Sugars (g)	12.4 g	2 g
Protein (g)	40.3 g	6.6 g
Salt (g)	3.1 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



You can recycle me!



Cook the Noodles

- Boil a large pot of **water** for the **udon noodles**.
- Add the **noodles** then lower heat to medium-high and cook until warmed through, 1-2 mins.
- Once cooked, drain in a colander or sieve and pop into a bowl.
- Drizzle with **oil** and stir through to stop them sticking together. Keep covered.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Cook Your Veg

- Heat a drizzle of **oil** in a large pan on high heat.
- Fry the **onion** and **broccoli** for 6-8 mins.
- Add the **garlic** and the remaining **ginger** at the last minute. Season with **salt** and **pepper**.
- Transfer from pan and set aside (covered).



Prep the Veg

- Return the pot (filled with **water** for the **broccoli**) to a high heat.
- Cut the **broccoli** into florets. Halve any large florets.
- Cook the **broccoli** in the boiling **water** for 3 mins. Drain and rinse under cold **water**.
- Meanwhile, peel and grate the **garlic** and the **ginger**. Use a teaspoon to easily scrape away the peel.
- Halve the **lime**, squeeze the juice and set aside. Roughly chop the **peanuts**. Halve, peel and thinly slice half the **onion** (double for 4p).



Fry the Prawns

- In the (now empty) pan, heat a drizzle of **oil** on medium-high heat.
- Once hot, add the **prawns**.
- Season with **salt** and **pepper** and cook for 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.
- Remove pan from heat.



Make the Dressing

- Make your dressing in a bowl by mixing well 1 tbsp **oil** (double for 4p), the **soy sauce**, **honey**, **lime** juice, and half the grated **ginger**.
- Add the chopped **peanuts**.

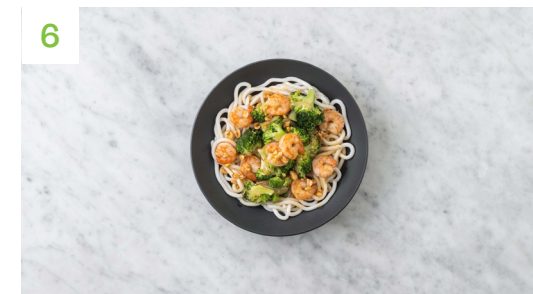


Plate and Serve

- Divide the **noodles** between plates and place the **broccoli** on top.
- Garnish with the **prawns** and drizzle with the **ginger lime** dressing.

Enjoy!