



# Hoisin Prawn Noodles

with ginger and courgette

Family Calorie Smart 20-25 mins • Eat me first

4



Prawns



Ginger



Udon Noodles



Lime



Hoisin Sauce



Garlic



Onion



Soy Sauce



Courgette

Pantry Items: Salt, Pepper, Water, Oil



## Before you start

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

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater

## Ingredients

	2P	4P
Prawns	180 g	360 g
Ginger	1 unit	2 units
Udon Noodles	300 g	600 g
Lime	1 unit	2 units
Hoisin Sauce	2 sachets	4 sachets
Garlic	2 units	4 units
Onion	1 unit	2 units
Soy Sauce	1 sachet	2 sachets
Courgette	1 unit	2 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	488 g	100 g
Energy (kJ/kcal)	1610.8 kJ/ 385 kcal	330.1 kJ/ 78.9 kcal
Fat (g)	2.7 g	0.6 g
Sat. Fat (g)	0.3 g	0.1 g
Carbohydrate (g)	64 g	13.1 g
Sugars (g)	12.1 g	2.5 g
Protein (g)	26.7 g	5.5 g
Salt (g)	3.4 g	0.7 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!



## Get Prepped

- Peel and grate the **garlic** (or use a garlic press).
- Peel and grate the **ginger** (use a teaspoon to easily scrape away the peel).
- Halve, peel and thinly slice the **onion**.
- Chop the **lime** into 4 wedges.
- Trim the **courgette** then quarter lengthways. Chop widthways into small pieces.



## Char the Courgette

- Place a pan over high heat (without oil).
- When hot, add the **courgette** and cook until charred, 6-8 mins.
- Stir only every so often—this will result in the **courgette** picking up some nice colour.
- Once cooked, season with **salt** and **pepper**.



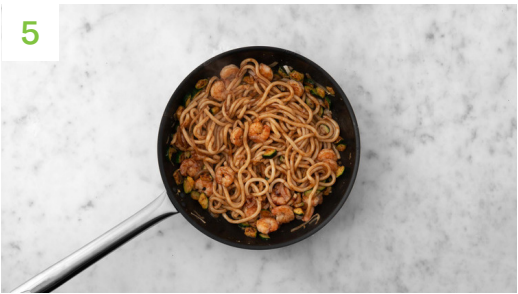
## Add the Prawns

- Lower the heat to medium-high.
- Add the **prawns**, **garlic**, **ginger** and **onion** to the pan with a drizzle of **oil**.
- Fry until **onion** is softened and **prawns** are cooked, stirring regularly, 4-5 mins. **IMPORTANT:** Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.



## Cook the Noodles

- Carefully separate the **noodles**.
- Add them to the pan with the **prawns**.
- Cook until warmed through, 1-2 mins.



## Make the Sauce

- Add the **hoisin sauce** and **soy sauce** to the pan.
- Carefully toss everything together to coat in the sauce.
- Season to taste with **salt**, **pepper** and **lime** juice.

**TIP:** Add a splash of water if you feel it needs loosening.



## Finish and Serve

- Divide the saucy **prawn noodles** between plates or bowls.
- Serve with any remaining **lime** wedges alongside.

## Enjoy!