



# Teriyaki Prawn Noodles

with pak choi and refreshing salad

Calorie Smart 20-25 mins • Optional spice • Eat me first

16



Prawns



Cucumber



Scallion



Noodles



Garlic



Teriyaki Sauce



Chilli



Lime



Pak Choi



## 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, sieve, zester

## Ingredients

	2P	4P
Prawns	180 g	360 g
Cucumber	½ unit	1 unit
Scallion	2 units	4 units
Noodles	300 g	600 g
Garlic	1 unit	2 units
Teriyaki Sauce	1 sachet	2 sachets
Chilli	1 unit	2 units
Lime	1 unit	2 units
Pak Choi	1 unit	2 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	405.5 g	100 g
Energy (kJ/kcal)	1928.8 kJ/ 392 kcal	475.7 kJ/ 81 kcal
Fat (g)	6.3 g	1.6 g
Sat. Fat (g)	0.1 g	0 g
Carbohydrate (g)	72.9 g	18 g
Sugars (g)	14.7 g	3.6 g
Protein (g)	29.7 g	7.3 g
Salt (g)	3.8 g	0.9 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!



### Soften the Noodles

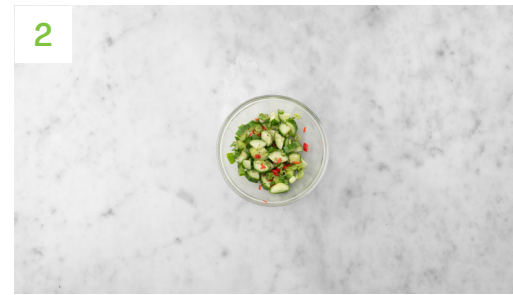
- Boil a large pot of **salted water** for the **noodles**.
- When the **water** is boiling, add the **noodles** and cook until softened, 1-2 mins.
- Drain in a sieve then return to the pot (off the heat) with a splash of **oil**. Toss to prevent sticking.

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



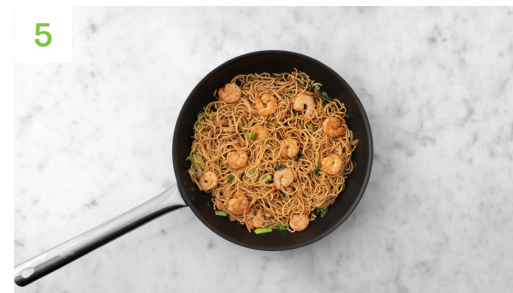
### Fry the Veg

- While the **prawns** cook, trim the **pak choi**, and thinly slice widthways.
- Peel and grate the **garlic** (or use a garlic press).
- Add the **pak choi** and **garlic** to the **prawns** and cook for 3-4 mins, shifting as they colour.



### Make the Salad

- Trim **half** the **cucumber** (double for 4p). Quarter lengthways and chop widthways into small pieces.
- Halve the **chilli** lengthways, deseed then finely chop.
- Trim and thinly slice the **scallion**.
- Zest and juice the **lime**.
- Pop the chopped **cucumber**, **chilli** (use less if you don't like spice) and **scallion** into a bowl along with the **lime** juice and 1 tbsp **oil** (double for 4p). Season to taste with **salt** and **pepper**. Mix together then set aside.



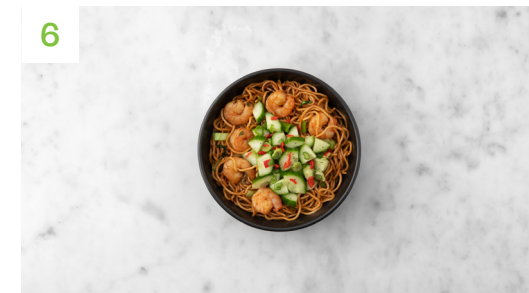
### Add the Sauce

- Remove the pan from the heat and add the **teriyaki sauce** and **noodles**.
- Gently toss to combine and coat the **prawns** in the sauce.
- Stir through the **lime** zest and season with **salt** and **pepper**.



### Cook the Prawns

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns** and cook for 3-4 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.



### Finish and Serve

- Serve the **prawn noodles** in bowls.
- Top with the **cucumber** salad (including the juices from the bowl).

**Enjoy!**