

Mie Goreng

with Prawns

hellóchef

Mie Goreng is an Indonesian fried noodle dish coated in a sticky, savoury, sweet sauce.

Cals 714 • Prot 48 • Carbs 95 • Fat 18

Chef's Choice

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🕒 cook: 30 min

R3140



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Noodles	2 ppl	3 ppl	4 ppl	
Jumbo prawns 7*	300	450	600	Grams
Egg noodles 5*, 10*, 11*	150	200	300	Grams
Savoy cabbage	200	300	450	Grams
Carrot	1	2	2	Piece
Garlic cloves	2	3	4	Piece
Organic Eggs 5*	2	3	4	Piece
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Bean sprouts	100	150	200	Grams
Sweet soy sauce 9*, 10*, 11*, 14*	20	30	40	ML
Soy sauce 9*, 10*, 11*	30	40	60	ML
Oyster sauce 8*, 10*	30	40	40	Grams
Sesame oil 3*, 9*	15	22	30	ML
Lime	1	1	2	Piece
Large red chilli	1	1	2	Piece
Dark soy sauce 9*, 10*, 11*	20	30	40	ML
Ketchup	8	16	16	Grams
Sambal oelek	10	20	20	Grams

Allergens

***7 Crustaceans, *5 Eggs, *10 Wheat, *11 Gluten, *9 Soya, *14 Sulphur Dioxide, *8 Molluscs, *3 Sesame Seeds**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

	Per Serving*
Energy (kJ/kcal)	2984 / 714
Fat (g)	17.5
of which saturates (g)	3.5
Carbohydrate (g)	95
of which sugars (g)	22.8
Fiber (g)	10
Protein (g)	47.5
Salt (g)	8.4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil noodles

Bring a pot of salted water to the boil. Once boiling, add the **noodles** and cook for 4 min until tender. Once tender, drain and run under cold water to keep them from sticking together. Set aside.



2 Prep

Shred the **cabbage**. Peel and grate the **carrots**. Peel and mince the **garlic**. Crack the **eggs** into a shallow bowl and whisk. Finely chop the **red chilli**.



3 Fry prawns

Rinse and drain the **prawns**. Pat dry with kitchen paper. Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **prawns** with a pinch of **salt** and cook for 2-3 min until pink and cooked through. Transfer the **prawns** to a plate. Reserve the pan.



4 Start stir-fry

Return the pan to a medium heat with a drizzle of **oil** and add the **eggs**. Scramble. Add the **carrots, cabbage** and **garlic**. Fry for 7 min or until softened. Add the **bean sprouts** and cook for 1 min further.



5 Finish stir-fry

Add the **noodles, prawns, sweet soy sauce, soy sauce, dark soy, sambal oelek, ketchup** and **oyster sauce**. Toss to coat.



6 Serve

Remove the pan from the heat add the **sesame oil**. Slice the **lime** into quarters and squeeze them over the **noodles**. Divide amongst bowls and serve.