



GREEN GODDESS NOODLES

with Fresh Peas, Broccoli and Toasted Cashews

MAKE FIRST

VEGGIE



HELLO

GREEN GODDESS

This zippy herb dressing works double-duty as a dipping sauce for veggies

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 491



Fresh Peas



Broccoli, florets



Garlic



Ginger



Green Onions



Cilantro



Sour Cream



Sesame Oil



Soy Sauce-Mirin Blend



Lime



Soba Noodles



Cashews, chopped

BUST OUT

- Large Pot
- Zester
- Measuring Cups
- Garlic Press
- Measuring Spoons
- Slotted Spoon
- Whisk
- Strainer
- Small Bowl
- Salt and Pepper
- Small Non-Stick Pan
- Olive or Canola oil
- Large Bowl

INGREDIENTS

2-person

- Fresh Peas 227 g
- Broccoli, florets 227 g
- Garlic 10 g
- Ginger 30 g
- Green Onions 2
- Cilantro 10 g
- Sour Cream 2 3 tbsp
- Sesame Oil 8 1 tbsp
- Soy Sauce-Mirin Blend 1,4 3 tbsp
- Lime 1
- Soba Noodles 1 150 g
- Cashews, chopped 5 28 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Soba noodles can be tricky. Keep a close eye on these noodles while cooking so they don't stick together!



1 PREP Wash and dry all produce.* In a large pot, add **10 ½ cups water** and **2 tsp salt**. Cover and bring to a boil over high heat. Meanwhile, halve and cut any large **broccoli florets** into bite-size pieces. Handling **one fresh pea pod** at a time, snap one end off of the **pod**. Follow the seam down to the other end and open both sides like a book. Directly into a small bowl, scoop out the **peas**. Discard the empty shells. Repeat with **remaining pods**.



4 COOK NOODLES When **broccoli** is tender-crisp, using a slotted spoon, scoop out **peas** and **broccoli** into a strainer over a medium bowl. (**NOTE:** Don't drain the water.) Rinse the **peas** and **broccoli** under **cold water** running water and set aside. Add **soba noodles** to the same pot with the **boiling water**. Reduce heat to medium-low. Cook until **noodles** are tender, 2-3 min. (**TIP:** Keep an eye on the noodles so they don't overcook!)

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2 TOAST CASHEWS Heat a small non-stick pan over medium heat. When pan is hot, add **cashews** to the dry pan. Toast, stirring occasionally, until golden, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Remove the pan from the heat and transfer the **cashews** to a plate.



5 MAKE SALAD In a large bowl, whisk together the **ginger, garlic, soy-mirin blend, lime zest, sesame oil** and **sour cream**. Add the **green onions, half the cilantro** and **noodles**. Toss to combine.



3 COOK VEGGIES Add the **broccoli** and **shelled peas** to the large pot of **boiling water**. Cook, stirring occasionally, until the **broccoli** is tender-crisp, 4-5 min. Meanwhile, mince or grate **garlic**. Peel, then zest or grate **1 tbsp ginger**. Roughly chop **cilantro**. Thinly slice **green onions**. Zest, then cut the **lime** into wedges.



6 FINISH AND SERVE Add the **broccoli** and **peas** to the same large bowl. Season with **pepper**. Toss together. Divide **veggie noodles** between bowls. Sprinkle over the **remaining cilantro** and **cashews**. Squeeze over a **lime wedge**.

CRUNCHY

Tender crisp fresh peas give this dish the ultimate burst of summer sweetness