



Mild Thai Red Coconut Chicken

with Udon Noodles

Grab your Meal Kit with this symbol



Garlic



Ginger



Carrot



Asian Greens



Chicken Breast



Udon Noodles



Mild Thai Red Curry Paste



Coconut Milk



Coriander



Hands-on: 25-35 mins
Ready in: 35-45 mins



Calorie Smart



Eat Me Early

Our mild Thai red curry paste is just the right balance of flavour and heat, so everyone in the family can enjoy it. Use it to whip up this saucy noodle dish, with chicken, greens and crunchy carrot.

Pantry items

Olive Oil, Brown Sugar, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
carrot	1	2
Asian greens	1 bag	2 bags
chicken breast	1 packet	1 packet
udon noodles	1 packet	2 packets
mild Thai red curry paste	½ packet	1 packet
coconut milk	1 box (200ml)	1 tin (400ml)
water*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
soy sauce*	1½ tbs	3 tbs
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2617kJ (625Cal)	436kJ (104Cal)
Protein (g)	48.1g	8g
Fat, total (g)	22g	3.7g
- saturated (g)	16g	2.7g
Carbohydrate (g)	53.2g	8.9g
- sugars (g)	13.1g	2.2g
Sodium (mg)	1486mg	248mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Boil the kettle. Finely grate the **garlic** and **ginger**. Thinly slice the **carrot** into half-moons. Roughly chop the **Asian greens**. Cut the **chicken breast** into 2cm chunks.



Cook the noodles

Half-fill a medium saucepan with the boiling water. Cook the **udon noodles** in the boiling water over a medium-high heat until tender, **3-4 minutes**. In the last **minute** of cook time, gently stir the **noodles** with a fork to separate. Drain, rinse and set aside.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Reduce the heat to medium-high, then add the **carrot** and cook until starting to soften, **3-4 minutes**. Add the **garlic** and **ginger** and cook until fragrant, **1 minute**.



Make the curry

Add the **mild Thai red curry paste** (see ingredients) to the **chicken** and cook, stirring, until fragrant, **1 minute**. Add the **coconut milk**, the **water**, **brown sugar** and the **soy sauce**. Stir well to combine, then bring to a simmer.



Add the noodles

Add the **Asian greens** to the **curry** and cook until wilted, **2 minutes**. Add the cooked **noodles** and toss to combine.



Serve up

Roughly chop the **coriander**. Divide the mild Thai red coconut chicken with noodles between bowls. Garnish with the coriander to serve.

Enjoy!