

Mild Thai Red Coconut Chicken

with Udon Noodles

Grab your Meal Kit with this symbol



Garlic



Carrot



Asian Greens



Chicken Breast



Udon Noodles



Ginger Paste



Mild Thai Red Curry Paste



Coconut Milk

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

7 Hands-on: 25-35 mins
 Ready in: 35-45 mins **a** 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, Fish Sauce (Optional)

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
carrot	1	2
Asian greens	1 bag	2 bags
chicken breast	1 packet	1 packet
udon noodles	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
mild Thai red curry paste	½ packet	1 packet
coconut milk	1 box (200ml)	1 tin (400ml)
brown sugar*	1 tsp	2 tsp
soy sauce*	1½ tbs	3 tbs
fish sauce* (optional)	1 tsp	2 tsp

*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 **garlic**. Thinly slice **carrot** into half-moons. Roughly chop **Asian greens**. Cut **chicken breast** into 2cm chunks.



Cook the noodles

Half-fill a medium saucepan with boiling water. Cook **udon noodles** in the boiling water over medium-high heat until tender, **3-4 minutes**. In the last **minute** of cook time, gently stir **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 high heat. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Reduce heat to medium-high, then add **carrot** and cook until starting to soften, **3-4 minutes**. Add **garlic**, **ginger paste** and **mild Thai red curry paste** (see ingredients) and cook until fragrant, **1-2 minutes**.



Make the curry

Add **coconut milk**, a splash of **water**, the **brown sugar**, **soy sauce** and **fish sauce** (if using). Stir well to combine, then bring to the boil. Reduce heat to medium-low and simmer until reduced and slightly thickened, **3-4 minutes**.



Add the noodles

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



Serve up

Divide mild Thai red coconut chicken and udon noodles between bowls.

Enjoy!