

Mild Thai Red Coconut Chicken

with Udon Noodles & Lemon

Grab your Meal Kit with this symbol



Garlic



Ginger



Carrot



Asian Greens



Chicken Breast



Udon Noodles



Mild Thai Red Curry Paste



Coconut Milk



Coriander



Lemon

 Hands-on: **30-40 mins**
Ready in: **40-50 mins**

 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, carrot and Asian greens, plus a squeeze of lemon juice for a burst of freshness.

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	1 bag
chicken breast	1 packet	1 packet
udon noodles	1 packet	2 packets
mild Thai red curry paste	½ packet	1 packet
coconut milk	1 tin (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
lemon	½	1

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2935kJ (701Cal)	448kJ (107Cal)
Protein (g)	44.6g	6.8g
Fat, total (g)	30.4g	4.6g
- saturated (g)	20.1g	3.1g
Carbohydrate (g)	56.6g	8.6g
- sugars (g)	15.6g	2.4g
Sodium (mg)	1487mg	227mg

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

Bring a medium saucepan of water to the boil. 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

Cook the **udon noodles** in the boiling water, stirring occasionally with a fork to separate, until softened, **2 minutes**. Drain and refresh under cold water, then set aside.



Cook the chicken & carrot

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, **3-4 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**, **water**, **brown sugar** and **soy sauce**. Stir well to combine, then bring to a simmer.



Bring it all together

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



Serve up

Roughly chop the **coriander**. Slice the **lemon** into wedges. Divide the mild Thai red coconut chicken and noodles between bowls. Top with the coriander. Serve with the lemon wedges.

Enjoy!