

# Dinner - Thai Chicken & Saucy Red Curry Noodles

## Lunch - Spiced Chicken & Roast Pumpkin Salad

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Sesame Seeds



Garlic



Carrot



Broccoli



Udon Noodles



Chicken Breast



Thai Seven Spice Blend



Thai Red Curry Paste



Coconut Milk



Coriander

**For your lunch**



Cucumber



Lemon



Mixed Salad Leaves



Crispy Shallots



Sweet Chilli Sauce



**DINNER**  
Hands-on: **35-45 mins**  
Ready in: **40-50 mins**



Eat Me Early

**LUNCH**

Ready in: **10 mins**



Spicy (Thai red curry paste)

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day! Enjoy a saucy noodle dish with Thai-spiced chicken, then add the rest of the chicken to a hearty roast pumpkin salad. Extra delicious!

**Pantry items**

Olive Oil, Soy Sauce, Brown Sugar



## 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

Large saucepan · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 packet (200g)	1 packet (200g)
sesame seeds	½ sachet	½ sachet
garlic	2 cloves	3 cloves
carrot	1	2
broccoli	1 head	1½ heads
udon noodles	½ packet	1 packet
chicken breast	1 medium packet	1 small packet & 1 medium packet
Thai seven spice blend	1 sachet	1 sachet
Thai red curry paste	¾ tin (75g)	1½ tins (150g)
coconut milk	1 tin (400ml)	1½ tins (600ml)
soy sauce*	1 tbs	1½ tbs
brown sugar*	2 tsp	3 tsp
coriander	1 bag	1 bag
cucumber	1	1
lemon	1	1
mixed salad leaves	1 bag (60g)	1 bag (60g)
crispy shallots	1 packet	1 packet
sweet chilli sauce	2 packets (50g)	2 packets (50g)

\*Pantry Items

## Nutrition

### Dinner

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3830kJ (914Cal)	583kJ (139Cal)
Protein (g)	45.1g	6.9g
Fat, total (g)	44.2g	6.7g
- saturated (g)	26.2g	4.0g
Carbohydrate (g)	69.9g	10.7g
- sugars (g)	16.3g	2.5g
Sodium (mg)	3320mg	506mg

### Lunch

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1420kJ (340Cal)	371kJ (89Cal)
Protein (g)	31.0g	8.1g
Fat, total (g)	13.0g	3.4g
- saturated (g)	4.5g	1.2g
Carbohydrate (g)	22.6g	5.9g
- sugars (g)	17.9g	4.7g
Sodium (mg)	374mg	98mg

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)

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## Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Bring a large saucepan of water to the boil. Place the **peeled & chopped pumpkin** and **sesame seeds** (see ingredients) on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread out evenly and roast until tender, **20-25 minutes**.



## Cook the veggies & sauce

**SPICY!** The curry paste is spicy so use less if you prefer your curry mild. Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **garlic, carrot and broccoli**, stirring, until fragrant, **1-2 minutes**. Add the **Thai red curry paste** (see ingredients) and cook until fragrant, **1 minute**. Reduce the heat to medium-high, then add the **coconut milk** (see ingredients), **soy sauce** and **brown sugar**. Simmer until the veggies are just tender, **7-9 minutes**. Add the **udon noodles** and stir through until heated, **1-2 minutes**. Season to taste.



## Get prepped

While the pumpkin is roasting, finely chop the **garlic**. Thinly slice the **carrot** into half-moons. Cut the **broccoli** (see ingredients) into small florets and roughly chop the stalk. Cook the **udon noodles** (see ingredients) in the boiling water until just tender, **8 minutes**. Drain and refresh under cold water.



## Serve up dinner

Divide the **noodles** and **veggies** between bowls. Reserve two portions of the **chicken** (about 1 cup) for lunch, then top the **noodles** with the remaining **chicken** (plus any resting juices). Tear over the **coriander** leaves.



## Cook the chicken

While the noodles are cooking, slice the **chicken breast** into 1cm strips. In a medium bowl, combine the **Thai seven spice blend** and a drizzle of **olive oil**. Season, then add the **chicken** and toss to coat. In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, add the **chicken** to the pan, season, then cook, tossing, until browned and cooked through, **3-4 minutes** (cook in batches if your pan is crowded). Transfer to a plate and cover to keep warm.

**TIP:** Chicken is cooked through when it's no longer pink inside.



## Make lunch

When you're ready to pack lunch, thinly slice the **cucumber** into half-moons. Slice the **lemon** in half. Divide the reserved chicken, roasted sesame pumpkin, cucumber, **mixed salad leaves**, **crispy shallots**, lemon halves and **sweet chilli sauce** packets between two reusable containers. Refrigerate. At lunchtime, remove the sweet chilli sauce and drizzle over the salad. Toss to combine, season and squeeze over lemon juice to taste.

## Enjoy!