



THAI RED CURRY CHICKEN & COCONUT NOODLE VEGGIE BOWL

with Sesame Seeds



Use curry paste to give
Thai flavour to noodles



Coconut Cream



Brown Onion



Chicken Thigh



Rice Stick Noodles



Carrot



Broccoli



Mint



Lime



Sesame Seeds



Red Curry Paste



Hands-on: **30 mins**
Ready in: **35 mins**



Naturally gluten-free



Spicy (red curry
paste)



Eat me early

Who can resist the appeal of coconut cream? With rice noodles, a little red curry paste and the hit of fresh mint and lime, it's just what you need to bring ingredients alive.

Pantry Staples: Olive Oil, Soy Sauce (or Tamari Soy Sauce), Fish Sauce

BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, large bowl, colander, medium bowl, large wok or frying pan** and a **wooden spoon**.



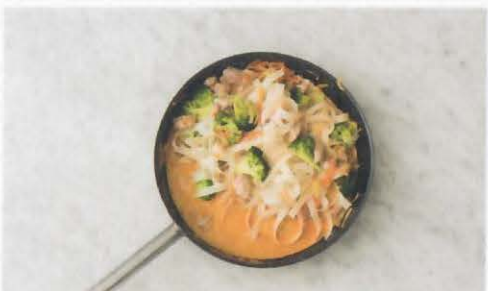
1 SOAK THE NOODLES
In a large bowl, place the **rice stick noodles** (use suggested amount to ensure the finished dish is balanced in flavour) and enough warm water to completely cover the noodles and soak for **20 minutes** (the noodles will finish cooking in step 5). Drain and set aside. **TIP:** Soaking the noodles in warm water instead of hot water stops them from becoming gummy and breaking up in the pan.



4 TOAST THE SESAME SEEDS
Heat a large wok or frying pan over a medium-high heat. Add the **sesame seeds** and toast, stirring, for **3-4 minutes**, or until golden. Remove from the pan and set aside.



2 MARINATE THE CHICKEN
While the noodles are soaking, cut the **chicken thigh** into 2 cm chunks and place in a medium bowl. Add the **coconut cream** (2 tbs for 2 people / 1/3 cup for 4 people) and a **pinch of salt and pepper**. Toss to coat and set aside to marinate.



5 MAKE THE THAI CURRY NOODLES
Return the wok to the heat with a **drizzle of olive oil**, the **brown onion** and **carrot**. Cook for **2-3 minutes**, or until tender. Add the **red curry paste** (use suggested amount) and cook for **1 minute**, or until fragrant. Add the **chicken thighs** and cook, tossing, for **3-4 minutes**, or until browned. Add the **broccoli** and cook for a further **2 minutes**, or until softened. Add the **remaining coconut cream**, the **soy sauce**, **fish sauce** and the drained **rice stick noodles** and stir-fry for **2-3 minutes**, or until the noodles are soft. **TIP:** Add a dash of **water** if you'd prefer the dish to be more saucy.



3 GET PREPPED
While the chicken is marinating, finely slice the **brown onion**. Slice the **carrot** (unpeeled) into 0.5 cm batons. Roughly chop the **broccoli** into 2 cm florets and slice the stalk into 0.5 cm batons. Pick and finely slice the **mint** leaves. Slice the **lime** (use suggested amount) into wedges.



6 SERVE UP
Divide the Thai red curry chicken & coconut noodles between plates and top with the toasted sesame seeds and mint. Squeeze over the juice from the lime wedges before serving. **TIP:** Add as much or as little lime juice as you like depending on your taste preferences.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
rice stick noodles	½ packet (125 g)	¾ packet (250 g)
chicken thigh	1 packet	1 packet
coconut cream	1 tin (140 mL)	1 tin (270 mL)
brown onion	1	2
carrot	1	2
broccoli	1 head	2 heads
mint	1 bunch	1 bunch
lime	½	1
sesame seeds	1 sachet	2 sachets
red curry paste	½ tin (2 tbs)	1 tin (4 tbs)
soy sauce* (or tamari soy sauce)	2 tbs	½ cup
fish sauce*	1 tsp	2 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3830kJ (914Cal)	558kJ (133Cal)
Protein (g)	51.3g	7.5g
Fat, total (g)	45.6g	6.7g
- saturated (g)	23.8g	3.5g
Carbohydrate (g)	68.9g	10.1g
- sugars (g)	14.7g	2.2g
Sodium (g)	1980mg	289mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722
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