



Southeast Asian Chicken Coconut Soup

with Makrut Lime & Noodles

Grab your Meal Kit with this symbol



Garlic



Makrut Lime Leaves



Carrot



Capsicum



Asian Greens



Chicken Tenderloin



Southeast Asian Spice Blend



Coconut Milk



Udon Noodles



Coriander



Crushed Peanuts

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

Eat me early

This magic recipe will fill your home with fragrant spices and transport you to Southeast Asia. From the spiced coconut soup base to the tender chicken pieces and moreish noodles, every mouthful will have you feeling good inside and out.

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 frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
makrut lime leaves	2 leaves	4 leaves
carrot	1	2
capsicum	1	2
Asian greens	1 bunch	2 bunches
chicken tenderloin	1 packet	1 packet
Southeast Asian spice blend	1½ sachets	3 sachets
coconut milk	1 tin (400ml)	2 tins (800ml)
water*	1 ½ cup	3 cups
soy sauce*	2 tbs	½ cup
brown sugar*	2 tsp	1 tbs
udon noodles	1 packet	2 packets
coriander	1 bag	1 bag
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4316kJ (1031Cal)	495kJ (118Cal)
Protein (g)	62.4g	7.2g
Fat, total (g)	53.5g	6.1g
- saturated (g)	27.6g	3.2g
Carbohydrate (g)	57.3g	6.6g
- sugars (g)	20.3g	2.3g
Sodium (mg)	1702mg	195mg

Allergens

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

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



Get prepped

Finely chop the **garlic**. De-stem and very finely slice the **makrut lime leaves**. Slice the **carrot** (unpeeled) into thin batons. Thinly slice the **capsicum**. Roughly chop the **Asian greens**.



Cook the chicken

Thinly slice the **chicken tenderloins** into 1cm strips and season generously with **salt** and **pepper**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **chicken** until browned and cooked through, **5-6 minutes**. Transfer to a plate.

TIP: Chicken is cooked through when it's no longer pink in the middle.



Start the soup

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **carrot** and **capsicum** and cook, tossing, until just softened, **3-4 minutes**. Add another drizzle of **olive oil** with the **Southeast Asian spice blend** (see ingredients), **garlic** and **lime leaves** and cook until fragrant, **1 minute**.

TIP: If cooking for 4 people, use a large saucepan instead!



Make the soup

Add the **coconut milk**, **water**, **soy sauce** and **brown sugar** and stir to combine. Bring to a boil.



Add the noodles

Add the **Asian greens** and the **udon noodles** to the soup and stir to combine. Cook, stirring to separate the **noodles**, until heated through and the greens have wilted, **2-3 minutes**. Add the **chicken** and any **resting juices** to the pan and stir until heated through, **1 minute**. Season to taste.



Serve up

Roughly chop the **coriander**. Divide the noodles, veggies and chicken between bowls. Spoon over the chicken coconut soup and top with the coriander and **crushed peanuts**.

Enjoy!