



# Thai Red Chicken Coconut Noodles

with Carrot & Asian Greens

Grab your Meal Kit with this symbol



Garlic



Ginger



Carrot



Asian Greens



Coriander



Lime



Chicken Breast



Ramen Noodles



Mild Thai Red Curry Paste



Coconut Milk



Crushed Peanuts

Hands-on: 30 mins  
Ready in: 40 mins

Low Calorie

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 peanuts for crunch.

### Pantry items

Olive Oil, Brown Sugar, Soy Sauce



## Before you start

Our fruit and veggies need a little wash first!

### You will need

Medium saucepan · Large frying pan

### Ingredients

	4 People
olive oil*	refer to method
garlic	3 cloves
ginger	1 knob
carrot	2
Asian greens	2 bunches
coriander	1 bunch
lime	1
chicken breast	1 medium packet
ramen noodles	1 packet
mild Thai red curry paste	¾ sachet
coconut milk	1 tin (165ml)
brown sugar*	2 tsp
soy sauce*	¼ cup
crushed peanuts	1 packet (30g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	1910kJ (456Cal)	470kJ (112Cal)
Protein (g)	36.4g	9.0g
Fat, total (g)	19.7g	4.9g
- saturated (g)	7.9g	2.0g
Carbohydrate (g)	30.0g	7.4g
- sugars (g)	7.7g	1.9g
Sodium (g)	2020mg	496mg

### Allergens

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



### 1. Get prepped

Bring a medium saucepan of water to the boil. Finely chop the **garlic** (or use a garlic press). Finely grate the **ginger** (unpeeled). Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Roughly chop the **coriander**. Slice the **lime** into wedges. Cut the **chicken breast** into 2cm chunks.



### 2. Cook the noodles

Add the **ramen noodles** to the saucepan of boiling water and cook until softened, **4 minutes**. Drain and rinse. Add a **small drizzle** of **olive oil** to prevent the noodles sticking together.



### 3. Cook the chicken & carrot

While the noodles are cooking, in a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **chicken** and cook, tossing occasionally, until browned, **3-4 minutes**. Reduce the heat to medium-high. Add the **carrot** and cook until starting to soften, **3-4 minutes**. Add the **garlic** and **ginger** and cook until fragrant, **1 minute**.



### 4. Make it saucy

Add the **mild Thai red curry paste** (see **ingredients list**) to the frying pan and cook, stirring, until fragrant, **1 minute**. Add the **coconut milk**, **brown sugar** and **soy sauce**. Stir to combine well, then bring to a simmer.



### 5. Bring everything together

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



### 6. Serve up

Divide the Thai red chicken coconut noodles between bowls. Top the adults' portions with **crushed peanuts** and coriander. Serve with the lime wedges.

**Enjoy!**