

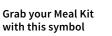
Dinner - Saucy Thai Red Curry Noodles with Spiced Chicken Lunch - Chicken & Roast Pumpkin Salad

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!

with this symbol







Peeled & Chopped Pumpkin















Chicken Breast

Udon Noodles





Thai Seven Spice Blend Thai Red Curry Paste



Coconut Milk

For your lunch







Mixed Salad Leaves



Crispy Shallots



Sweet Chilli Sauce

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

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

LUNCH

Ready in: 10 mins



Spicy (Thai red curry

paste)

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 \cdot Oven tray lined with baking paper \cdot 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	1 sachet	1 sachet
garlic	2 cloves	3 cloves
carrot	1	2
broccoli	1 head	1½ heads
coriander	1 bag	1 bag
udon noodles	½ packet	1 packet
chicken breast	1 small packet	1 large packet
Thai seven spice blend	1 sachet	2 sachets
Thai red curry paste	3⁄4 tin	1½ tins
coconut milk	2 boxes	3 boxes
soy sauce*	1 tbs	1 ½ tbs
brown sugar*	2 tsp	3 tsp
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 Ite

Nutrition

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Dinner	Per Serving	Per 100g
Energy (kJ)	3380kJ (808Cal)	514kJ (123Cal)
Protein (g)	44.9g	6.8g
Fat, total (g)	44.7g	6.8g
- saturated (g)	26.6g	4.0g
Carbohydrate (g)	41.5g	6.3g
- sugars (g)	18.6g	2.8g
Sodium (mg)	2120mg	323mg
Lunch	Per Serving	Per 100g
Energy (kJ)	1820kJ (436Cal)	457kJ (109Cal)
Protein (g)	32.2g	8.1g
Fat, total (g)	21.8g	5.5g
- saturated (g)	5.7g	1.4g
Carbohydrate (g)	25.4g	6.4g
- sugars (g)	18.6g	4.7g
Sodium (mg)	651mg	163mg

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.

Please call us with any questions or concerns \mid (02) 8188 8722 hello@hellofresh.com.au

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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 on an oven tray lined with baking paper. Drizzle with olive oil and season with salt and pepper. Toss to coat. Spread in a single layer and roast until tender, 20-25 minutes. Set aside until it's time to pack lunch.



Get prepped

While the pumpkin is roasting, finely chop the **garlic**. Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **broccoli** (see ingredients) into small florets and roughly chop the stalk. Roughly chop the **coriander**. Add the **udon noodles** (see ingredients) to the saucepan of boiling water and cook, stirring with a fork to separate the noodles, until just tender, **8 minutes**. Drain and refresh under cold water.



Cook the chicken

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



Cook the veggies and sauce

SPICY! The curry paste is hot, feel free to add less if you're sensitive to heat! Return the pan to a high heat with a drizzle of olive oil. Add the garlic, carrot and broccoli and cook, stirring, until the garlic is fragrant, 1-2 minutes. Add the Thai red curry paste (see ingredients) and cook until fragrant, 1 minute. Reduce the heat to mediumhigh and add the coconut milk, soy sauce and brown sugar. Simmer until the veggies are just tender, 7-9 minutes. Add the udon noodles to the pan and stir through until heated, 1-2 minutes. Season to taste.



Serve up dinner

Divde the **Thai red curry noodles** between bowls. Reserve **2 portions** of the **chicken** (about 1 cup) for lunch and place the remainder (plus any **resting juices**) on top the **noodles**. Garnish with the **coriander**.



Make lunch

When you're ready to pack lunch, slice the cucumber into half-moons. Slice the lemon into wedges. Divide the reserved chicken breast, roast pumpkin, cucumber, mixed salad leaves, crispy shallots, lemon and sweet chilli sauce packets between 2 containers. Refrigerate. At lunch, remove the sweet chilli sauce and drizzle over the salad. Toss to combine. Season to taste with lemon juice, salt and pepper.

Enjoy!