

# Mild Thai Red Coconut Chicken

with Udon Noodles

Grab your Meal Kit with this symbol



Garlic



Carrot



Broccoli



Udon Noodles



Ginger Paste



Mild Thai Red Curry Paste



Coconut Milk



Diced Chicken

### Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 25-35 mins  
Ready in: 35-45 mins

Eat Me Early

Calorie Smart

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 baby broccoli for amazing crunch.

### Pantry items

Olive Oil, Brown Sugar, Soy Sauce  
Fish Sauce

## 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

Medium saucepan · Large frying pan

## Ingredients

|                           | 2 People        | 4 People        |
|---------------------------|-----------------|-----------------|
| <b>olive oil*</b>         | refer to method | refer to method |
| garlic                    | 2 cloves        | 4 cloves        |
| carrot                    | 1               | 2               |
| broccoli                  | ½ head          | 1 head          |
| udon noodles              | 1 packet        | 2 packets       |
| diced chicken             | 1 packet        | 1 packet        |
| ginger paste              | 1 medium packet | 1 large packet  |
| mild Thai red curry paste | ½ packet        | 1 packet        |
| coconut milk              | 1 box (200ml)   | 1 tin (400ml)   |
| <b>water*</b>             | ¼ cup           | ½ cup           |
| <b>brown sugar*</b>       | 1 tsp           | 2 tsp           |
| <b>soy sauce*</b>         | 1 ½ tbs         | 3 tbs           |
| <b>fish sauce*</b>        | 1 tsp           | 2 tsp           |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2620kJ (626Cal) | 436kJ (104Cal) |
| Protein (g)      | 48.2g           | 8g             |
| Fat, total (g)   | 22g             | 3.7g           |
| - saturated (g)  | 16g             | 2.7g           |
| Carbohydrate (g) | 53.2g           | 8.8g           |
| - sugars (g)     | 13.1g           | 2.2g           |
| Sodium (mg)      | 1599mg          | 266mg          |

The quantities provided above are averages only.

## Allergens

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

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



## Get prepped

- Boil the kettle.
- Finely chop **garlic**. Thinly slice **carrot** into half-moons. Cut the **broccoli** (see ingredients) into small florets, then roughly chop the stalk.



## Cook the noodles

- Half-fill a medium saucepan with boiling water. Cook **udon noodles** in the boiling water over medium-high heat until tender, **3-4 minutes**.
- In the **last minute** of cook time, gently stir **noodles** with a fork to separate. Drain, rinse and set aside.

**Little cooks:** Older kids can help add the udon noodles to the saucepan under adult supervision. Be careful, the water is boiling!



## Cook the chicken

- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat.
- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **diced chicken** and **broccoli**, tossing occasionally, until browned and cooked through, **4-5 minutes**.
- Reduce heat to medium-high, then add **carrot** and cook until starting to soften, **3-4 minutes**.
- Add **garlic**, **ginger paste** and **Mild Thai red curry paste** (see ingredients) and cook until fragrant, **1-2 minutes**.



## Make the curry

- Add **coconut milk**, the **water**, **brown sugar**, **soy sauce** and the **fish sauce**. Stir well to combine, then bring to the boil.
- Reduce heat to medium-low and simmer until reduced and slightly thickened, **3-4 minutes**.

**TIP:** Fish sauce has a strong flavour - add less if desired!

**Little cooks:** Kids can help out with measuring the ingredients.



## Add the noodles

- Add **noodles** to the **curry** and stir.



## Serve up

- Divide mild Thai red coconut chicken and noodles between bowls. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW31



## Rate your recipe

We need your expertise!

Let our Culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)