

Southeast Asian Chicken & Veggie Laksa Soup

with Noodles & Coriander

Grab your Meal Kit with this symbol



Asian Greens



Carrot



Onion



Lemon



Flat Noodles



Southeast Asian Spice Blend



Coconut Milk



Coriander



Pulled Chicken



Pulled 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: **20-30 mins**
Ready in: **30-40 mins**

A spiced coconutty curry sauce is just the thing to relax you after a long day. Slurp it up with flat noodles and make sure to collect a helping of chicken and veggies to bring everything together in one bite. This is a bowl of flavour that you'll never get enough of.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

Medium saucepan · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
Asian greens	1 bunch	2 bunches
carrot	1	2
onion	1 (medium)	1 (large)
lemon	½	1
pulled chicken	1 packet	1 packet
flat noodles	1 packet	2 packets
Southeast Asian spice blend	¾ sachet	1½ sachets
coconut milk	1 tin (400ml)	2 tins (800ml)
water*	1¼ cups	2½ cups
soy sauce*	2 tbs	¼ cup
brown sugar*	½ tbs	1 tbs
coriander	1 bag	1 bag
pulled chicken**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3379kJ (808Cal)	475kJ (114Cal)
Protein (g)	39.8g	5.6g
Fat, total (g)	40.7g	5.7g
- saturated (g)	25.7g	3.6g
Carbohydrate (g)	56.7g	8g
- sugars (g)	12.7g	1.8g
Sodium (mg)	1495mg	210mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3881kJ (928Cal)	479kJ (114Cal)
Protein (g)	61.8g	7.6g
Fat, total (g)	43.4g	5.4g
- saturated (g)	26.5g	3.3g
Carbohydrate (g)	58.4g	7.2g
- sugars (g)	12.7g	1.6g
Sodium (mg)	1667mg	206mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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Get prepped

- Boil the kettle.
- Roughly chop **Asian greens**. Thinly slice **carrot** into sticks. Thinly slice **onion**. Slice **lemon** into wedges. Drain **pulled chicken**.



Finish the soup

- Add **pulled chicken**, **coconut milk** and the **water**. Bring to the boil, then reduce heat to medium and simmer until slightly thickened, **5 minutes**.
- Add **Asian greens**, the **soy sauce** and **brown sugar** to the pan and simmer, until wilted, **1-2 minutes**.

Custom Recipe: If you ordered extra pulled chicken, simmer for an extra 1-2 minutes.



Cook the noodles

- Half-fill a medium saucepan with boiling water. Cook **flat noodles** 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.



Add the noodles

- Add cooked **noodles** and heat until warmed through, **1-2 minutes**. Remove from heat, then add a generous squeeze of **lemon juice** to taste.

TIP: Add a splash of water to loosen the laksa, if desired.



Start the soup

- While the noodles are cooking, heat a drizzle of **olive oil** in a large saucepan over high heat. Cook **carrot** and **onion**, tossing, until just softened, **3-4 minutes**.
- Add **Southeast Asian spice blend** (see ingredients). Stir until fragrant, **1 minute**.



Serve up

- Divide Southeast Asian chicken and veggie laksa soup between bowls.
- Tear over **coriander**. Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

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