

with Crushed Peanuts & Coriander

CLIMATE SUPERSTAR













Asian Greens



Udon Noodles



Mild Thai Red



Coconut Milk

Curry Paste



Vegetable Stock Powder



Coriander



Crushed Peanuts



Prep in: 20-30 mins Ready in: 25-35 mins

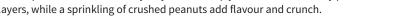
Calorie Smart*

*Custom recipe is not Calorie Smart



This fast one-pot noodle soup is a delicious and easy way to switch up your dinner! Red curry paste and udon noodles are the key players, while a sprinkling of crushed peanuts add flavour and crunch.





Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and

You will need

 ${\sf Medium\ saucepan\cdot Large\ saucepan}$

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
bamboo shoots	½ tin	1 tin
Asian greens	1 bunch	2 bunches
udon noodles	1 packet	2 packets
mild Thai red curry paste	½ packet	1 packet
coconut milk	1 tin (165ml)	1 tin (400ml)
vegetable stock powder	1 medium sachet	1 large sachet
water*	1½ cups	3 cups
brown sugar*	2 tsp	4 tsp
soy sauce*	1 tbs	2 tbs
crushed peanuts	1 packet	2 packets
coriander	1 bag	1 bag
chicken breast**	1 packet	1 packet

^{*}Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2677kJ (640Cal)	464kJ (111Cal)
Protein (g)	17.8g	3.1g
Fat, total (g)	32.9g	5.7g
- saturated (g)	15.7g	2.7g
Carbohydrate (g)	59.8g	10.4g
- sugars (g)	17.1g	3g
Sodium (mg)	2632mg	456mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3436kJ (821Cal)	466kJ (111Cal)
Protein (g)	50.2g	6.8g
Fat, total (g)	38.6g	5.2g
- saturated (g)	17.3g	2.3g
Carbohydrate (g)	59.8g	8.1g
- sugars (g)	17.1g	2.3g
Sodium (mg)	2730mg	370mg

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.



Scan here if you have any questions or concerns **2022** | CW51





Get prepped

• Boil the kettle. Thinly slice **carrot** into half-moons. Drain and rinse **bamboo shoots** (see ingredients). Roughly chop **Asian greens**.

Custom Recipe: If you've added chicken breast to your meal, cut chicken into 2cm chunks.



Make the soup

- **SPICY!** The curry paste is spicy, use less if you're sensitive to heat.
- Meanwhile, heat a large saucepan over medium-high heat with a drizzle of olive oil.
- Cook carrot, stirring, until softened, 3-4 minutes. Add mild Thai red curry paste and cook until fragrant, 1 minute.
- Add coconut milk, vegetable stock powder and the water. Stir to combine and bring to a simmer, cook until slightly reduced, 3-4 minutes.
- Add cooked udon noodles, Asian greens, bamboo shoots, brown sugar soy sauce and a good squeeze of lemon juice, stirring until wilted, 1 minute.

Custom Recipe: Before cooking the carrot, heat saucepan as above. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl. Continue with step. Return cooked chicken to the pan along with the udon noodles.



Cook the noodles

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



Serve up

- Divide Thai red coconut and veggie noodle soup between bowls.
- Sprinkle over **crushed peanuts** and tear over **coriander** to serve. Enjoy!