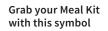


One-Pot Yellow Curry Chicken Noodle Soup

with Veggies & Crispy Shallots

NEW

CLIMATE SUPERSTAR











Yellow Curry



Paste







Udon Noodles

Coconut Milk



Baby Spinach



Crispy Shallots





Chicken Breast

Prep in: 15-25 mins Ready in: 20-30 mins



Dig into our flavour-packed yellow curry soup, both heartwarming and easy to prepare. The spice-infused broth is rich in flavour and packed with tender pan-fried chicken and tossed veggies all bundled together with udon noodles. We're sure you'll come back for more!

Pantry items Olive Oil

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
chicken breast	1 packet	1 packet
yellow curry paste 🌶	½ packet	1 packet
sweet soy seasoning	1 sachet	2 sachets
coconut milk	1 tin (165ml)	2 tins (330ml)
water*	2 cups	4 cups
udon noodles	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2962kJ (708Cal)	548kJ (131Cal)
Protein (g)	44.9g	8.3g
Fat, total (g)	30.6g	5.7g
- saturated (g)	17.3g	3.2g
Carbohydrate (g)	57.2g	10.6g
- sugars (g)	11.8g	2.2g
Sodium (mg)	2590mg	479mg

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.



Get prepped

- Thinly slice carrot into half-moons. Thinly slice celery.
- · Cut chicken breast into 2cm chunks.



Finish the soup

- Add udon noodles and cook until tender, 3-4 minutes.
- In the **last minute** of cook time, gently stir noodles with a fork to separate.
- Add **baby spinach leaves** and stir to combine. Season to taste.

TIP: Add an extra dash of water to your soup if you prefer a thinner consistency.



Start the soup

- **SPICY!** The curry paste is spicy, use less if you're sensitive to heat.
- In a large saucepan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through,
 5-6 minutes.
- Add carrot and celery, stirring, until softened, 4-5 minutes.
- Reduce heat to medium-high heat, add yellow curry paste (see ingredients) and sweet soy seasoning and cook, stirring, until fragrant, 1 minute.
- Add **coconut milk** and the **water**. Stir to combine and bring to a simmer.



Serve up

- Divide yellow curry chicken and noodle soup between bowls.
- Sprinkle over **crispy shallots**. Enjoy!

