



# One-Pot Yellow Curry Chicken Noodle Soup

with Veggies & Crispy Shallots

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Celery



Yellow Curry Paste



Sweet Soy Seasoning



Coconut Milk



Udon Noodles



Baby Spinach Leaves



Crispy Shallots



Chicken Breast

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

Eat Me Early

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
<b>olive oil*</b>	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)
<b>water*</b>	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](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

- 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!

We're here to help!

Scan here if you have any questions or concerns

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