



Fragrant Chicken Laksa with Noodles

Classic Eat Me Early • 40 Minutes • Medium Spice • 1 of your 5 a day



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Bell Pepper



Red Chilli



Coriander



Red Thai Curry Paste



Chicken Stock Powder



Diced Chicken Thigh



Spring Onion



Garlic Clove



Lime



Coconut Milk



Peanut Butter



Egg Noodle Nest



King Prawns



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start
Cooking tools, you will need:
Ingredients

Kettle, Garlic Press, Zester, Saucepan, Frying Pan.

	2P	3P	4P
Bell Pepper***	1	2	2
Spring Onion**	1	2	2
Red Chilli**	½	¾	1
Garlic Clove	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Red Thai Curry Paste	50g	75g	100g
Coconut Milk	200ml	300ml	400ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Water*	400ml	600ml	800ml
Peanut Butter 1)	1 pot	2 pots	2 pots
Diced Chicken Thigh**	210g	350g	420g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests

King Prawns 5) ** 150g 250g 300g
*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	436g	100g
Energy (kJ/kcal)	3138/750	721/172
Fat (g)	40	9
Sat. Fat (g)	20	5
Carbohydrate (g)	63	15
Sugars (g)	9	2
Protein (g)	37	9
Salt (g)	3.40	0.78
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	510g	100g
Energy (kJ/kcal)	3333/797	653/156
Fat (g)	40	8
Sat. Fat (g)	20	4
Carbohydrate (g)	63	12
Sugars (g)	9	2
Protein (g)	48	10
Salt (g)	4.38	0.86

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut-5) Crustaceans 8) Egg 13) Gluten
Please remember to check your ingredient packaging for information on allergens and traces of allergens!
Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).
Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Prep the Veggies

Pop your kettle on to boil. Halve the **pepper** and discard the core and **seeds**. Chop into small pieces. Trim and thinly slice the **spring onion**. Halve the **chilli** lengthways, deseed then finely chop. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). Zest and halve the **lime**.



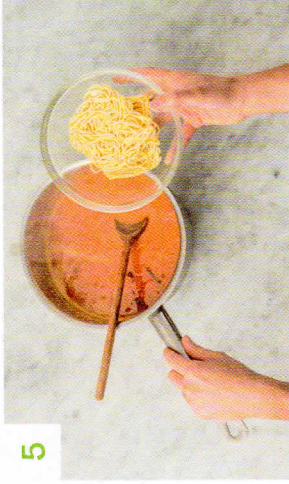
Laksa Time

Heat a splash of **oil** in a large saucepan on medium heat. Add the **pepper, garlic, chilli** and **half** the **spring onion**. Stir and cook for 2 mins, then add the **red Thai curry paste** and stir together. **Tip:** Add less **chilli** if you don't like **spice**! After 1 minute, pour in the **coconut milk** and mix until smooth. Add the **chicken stock powder** with the boiling **water** from your kettle (see ingredients for amount) and bring to a simmer.



Season the Laksa

Add the **peanut butter** and a pinch of **sugar** (if you have some) to your pan. Simmer gently for 10 mins. Taste the **laksa** and add **seasoning** if you think it needs it - **salt, pepper, sugar** - whatever suits your taste!



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Add the Noodles

When the **laksa** has been cooking for 10 mins, add in the **egg noodle nests**. Cook until soft enough to eat, about 4 mins. **Tip:** The **noodles** may **soak up some** of the **coconutty liquid**. If this is the case, just add a splash of **water** to get it back to a **soupy** consistency.



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Assemble and Serve

Add the **chicken** to the pan and simmer until the **chicken** is piping hot, 1-2 mins. Remove from the heat and add **half** the **lime juice**. Taste and add **salt, pepper** and more **lime juice** if you feel it needs it. Serve in big bowls topped with the **coriander** and the remaining **spring onion**.

Enjoy!



CUSTOM RECIPE

Add the **prawns** to the **laksa** when you add the **noodles** and cook for the same amount of time - so the **prawns** are cooked through, about 4 mins. **IMPORTANT:** The **prawns** are cooked when **pink** on the outside and opaque in the middle.