



Chicken Laksa

with Noodles and Yellow Pepper

RAPID 20 Minutes

Nº 14



Spring Onion



Yellow Pepper



Green Beans



Coriander



Red Chilli



Diced Chicken Thigh



Red Curry Paste



Peanut Butter



Coconut Milk



Egg Noodle Nest



Lime

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Spring Onion**	1	2	2
Yellow Pepper**	1 pack	2 packs	2 packs
Green Beans**	1 small pack	1 large pack	1 large pack
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	1	1½	2
Diced Chicken Thigh**	280g	420g	560g
Red Curry Paste	1 small sachet	1 large sachet	2 small sachets
Peanut Butter 1)	1 sachet	1½ sachets	2 sachets
Coconut Milk	400ml	600ml	800ml
Water*	200ml	300ml	400ml
Egg Noodle Nest 8) 13)	2	3	4
Lime**	1	1	1

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	615g	100g
Energy (kJ/kcal)	4320/1033	702/168
Fat (g)	64	10
Sat. Fat (g)	39	6
Carbohydrate (g)	71	12
Sugars (g)	13	2
Protein (g)	47	8
Salt (g)	1.67	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Prep the Veggies

- Trim the **spring onion**, then finely slice.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Trim the **green beans** then chop into thirds.
- Roughly chop the **coriander** (stalks and all) and halve the **chilli** lengthways, deseed then finely chop.



4. Cook the Noodles

- Add the **egg noodles**, stirring with a fork to separate the **noodles**.
 - Cook until the **noodles** are tender and the **chicken** is cooked through, another 4 mins.
- IMPORTANT:** The chicken is cooked when no longer pink in the middle.



2. Start Cooking

- Heat a splash of **oil** in a saucepan on high heat.
- Add the **diced chicken thigh** and stir-fry until golden, 4-6 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.
- Add the **curry paste, yellow pepper, half the spring onion** and **half the red chilli**.
- Cook and stir for 1-2 mins.



5. Finish Up

- Season to taste with **salt** and **pepper**.
- Add a squeeze of **lime juice**.
- Add a splash of **water** if the **laksa** is a bit thick - you want it soupy.



3. Make the Laksa

- Stir in the **peanut butter, coconut milk** and **water** (see ingredients for amount).
- Bring to the boil then reduce the heat to medium, add the **green beans** and simmer for 3 mins.



6. Serve

- Serve the **laksa** in bowls topped with the remaining **spring onion, coriander** and **chilli**.
- Enjoy!**

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.