

# Quick Makrut Lime & Coconut Chicken Noodles with Veggies & Crispy Shallots

Grab your Meal Kit with this symbol







Makrut Lime Leaves



Chicken Tenderloins



Egg Noodles





Southeast Asian



Coconut Milk

Spice Blend



Baby Spinach Leaves



Crispy Shallots



**Pantry items** 

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine), Brown Sugar

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

Eat Me Early

This dish has a lot going for it! Makrut lime leaves are mixed with soy sauce to create the perfect sauce for tender chicken, noodles and a bowl full of bright veggies. Get in quick, this one won't last long!

# Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Large frying pan · Medium saucepan

#### Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
makrut lime leaves	1 leaf	2 leaves		
water*	1/4 cup	½ cup		
soy sauce*	2 tbs	½ cup		
vinegar* (white wine or rice wine)	1 tsp	2 tsp		
brown sugar*	1 tsp	2 tsp		
chicken tenderloins	1 small packet	2 small packets OR 1 large packet		
egg noodles	1 packet	2 packets		
broccoli & carrot mix	1 medium bag	1 large bag		
Southeast Asian spice blend	1 medium sachet	2 medium sachets OR 1 large sachet		
coconut milk	1 packet	2 packets		
baby spinach leaves	1 small bag	1 medium bag		
crispy shallots	1 medium packet	1 large packet		
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet		

\*Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2946kJ (704Cal)	674kJ (161Cal)
Protein (g)	49.6g	11.4g
Fat, total (g)	28.1g	6.4g
- saturated (g)	16.8g	3.8g
Carbohydrate (g)	62.2g	14.2g
- sugars (g)	8.5g	1.9g
Sodium (mg)	1072mg	245mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3660kJ (875Cal)	608kJ (145Cal)
Protein (g)	86.2g	14.3g
Fat, total (g)	30.6g	5.1g
- saturated (g)	17.6g	2.9g
Carbohydrate (g)	62.2g	10.3g
- sugars (g)	8.5g	1.4g
Sodium (mg)	1142mg	190mg

The quantities provided above are averages only.

# **Allergens**

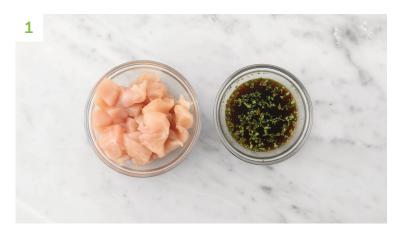
Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns





#### Get prepped

- Boil kettle. Remove centre veins from makrut lime leaves then very finely chop.
- In a small bowl combine makrut lime leaves, the water, the soy sauce, the vinegar and the brown sugar.
- Cut chicken tenderloins into 2cm chunks.

**TIP:** The makrut lime leaves are fibrous so you want to cut them into small pieces!

**Custom Recipe:** If you've doubled your chicken tenderloins, prepare chicken as above.



# Cook the veggies

- Return frying pan to medium-high heat with a drizzle of olive oil.
- Cook broccoli & carrot mix, tossing until tender, 4-5 minutes. Reduce heat to medium and stir in Southeast Asian spice blend, cook until fragrant, 1 minute.
- Add coconut milk and makrut-sauce mixture and cook, stirring, until slightly reduced, 1-2 minutes.
- Add baby spinach leaves, cooked noodles and cooked chicken to the pan.
  Cook, tossing, until wilted, 1 minute.



#### Cook the chicken & noodles

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Season. Transfer to a plate.
- Meanwhile, half-fill a medium saucepan with boiling water. Cook egg noodles over medium-high heat, stirring occasionally with a fork to separate, until tender, 4-5 minutes.
- Drain, rinse and set aside.

Custom Recipe: Cook chicken in batches for the best results.



# Serve up

- Divide makrut lime and coconut chicken noodles with veggies between bowls.
- Top with crispy shallots to serve. Enjoy!

We need your expertise! Let our Culinary team know what you thought: hellofresh.com.au/rate