



Quick Makrut Lime & Coconut Chicken Noodles

with Veggies & Crispy Shallots

Grab your Meal Kit with this symbol



Makrut Lime Leaves



Chicken Tenderloins



Egg Noodles



Broccoli & Carrot Mix



Southeast Asian Spice Blend



Coconut Milk



Baby Spinach Leaves



Crispy Shallots



Chicken Tenderloins

Recipe Update

Unfortunately, this week's crushed peanuts were in short supply, so we've replaced them with crispy shallots. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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

Eat Me Early

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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!

Pantry items

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

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

	2 People	4 People
olive oil*	refer to method	refer to method
makrut lime leaves	1 leaf	2 leaves
water*	¼ cup	½ cup
soy sauce*	2 tbs	¼ 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



1



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.

3



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**.

2



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.

4



Serve up

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

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate