



Mild Thai Curry Chicken Noodle Soup

with Asian Veggies & Crispy Shallots

NEW

Grab your meal kit with this number

35



Egg Noodles



Celery



Asian Greens



Chicken Thigh



Mild Thai Red Curry Paste



Coconut Milk



Vegetable Stock Powder



Crispy Shallots



Chicken Thigh



Peeled Prawns

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

Protein Rich

Eat Me Early

Twirl some tender egg noodles around your fork and slurp up this aromatic curry soup, loaded with succulent chicken pieces and delicate Asian greens. Why not add a sprinkle of crispy shallots on top for an added textural treat?

Pantry items

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

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
egg noodles	1 packet	2 packets
celery	1 medium packet	1 large packet
Asian greens	1 packet	2 packets
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
mild Thai red curry paste	1 packet	2 packets
coconut milk	1 packet	2 packets
vegetable stock powder	1 medium sachet	2 medium sachets
water*	1½ cups	3 cups
soy sauce*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
vinegar* (white wine or rice wine)	1 tsp	2 tsp
crispy shallots	½ large packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3032kJ (725cal)	295kJ (71cal)
Protein (g)	41.6g	4.1g
Fat, total (g)	34.9g	3.4g
- saturated (g)	20.5g	2g
Carbohydrate (g)	68.3g	6.7g
- sugars (g)	12.1g	1.2g
Sodium (mg)	2385mg	232.2mg
Dietary Fibre (g)	9.1g	0.9g

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

2024 | CW41



1



Cook the egg noodles

- Boil the kettle. Half-fill a large 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.

3



Make the noodle soup

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **celery**, stirring, until slightly softened **1-2 minutes**.
- Add **chicken strips** and cook, tossing occasionally, until browned and cooked through (when no longer pink inside), **3-4 minutes**. Season with **salt** and **pepper**.
- **SPICY!** *This is a mild paste, but use less if you're sensitive to heat!* Add **Mild Thai red curry paste** and cook until fragrant, **1 minute**.
- Stir in **coconut milk**, **vegetable stock powder**, the **water**, **soy sauce**, **brown sugar**, **vinegar** and **Asian greens**, then simmer until slightly reduced, **1-2 minutes**.
- Add **cooked egg noodles**, tossing to combine, **1 minute**.

CUSTOM OPTIONS



DOUBLE CHICKEN THIGH

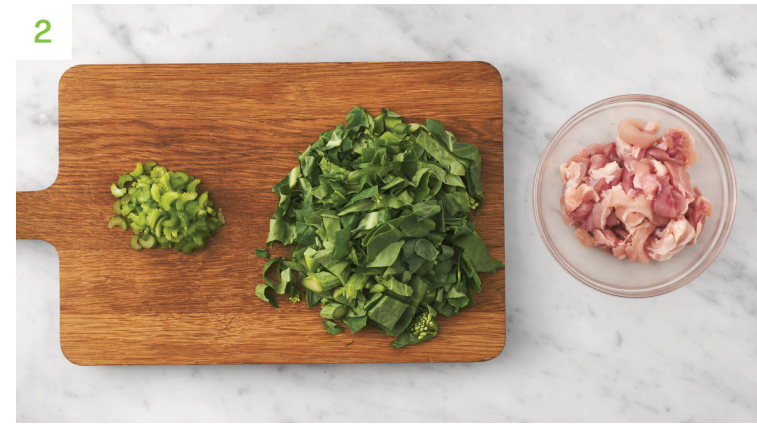
Follow method above, cooking in batches if necessary.



SWAP TO PEELED PRAWNS

Bring soup to a simmer, add prawns and cook until pink and starting to curl up, 3-4 minutes.

2



Get prepped

- Meanwhile, finely chop **celery**.
- Roughly chop **Asian greens**.
- Slice **chicken thigh** into 1 cm strips.

4



Serve up

- Divide mild Thai curry chicken noodle soup between bowls.
- Top with **crispy shallots** (see ingredients) to serve. Enjoy!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

