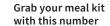


# Malaysian Chicken & Tofu Laksa Noodle Soup with Asian Greens, Lime & Crispy Shallots

TASTE TOURS







Egg Noodles





Green Beans



Long Chilli (Optional)

Malaysian Tofu





Chicken Thigh

Chicken Stock Pot



**Ginger Lemongrass** 



Satay Seasoning



Coconut Milk



Rice Vinegar Mix



Crispy Shallots

Prep in: 20-30 mins Ready in: 35-45 mins



## 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

| ingi calcino                     |                 |                                       |  |
|----------------------------------|-----------------|---------------------------------------|--|
|                                  | 2 People        | 4 People                              |  |
| olive oil*                       | refer to method | refer to method                       |  |
| egg noodles                      | 1 packet        | 2 packets                             |  |
| Asian greens                     | 1 packet        | 2 packets                             |  |
| green beans                      | 1 small packet  | 1 medium packet                       |  |
| lime                             | 1/2             | 1                                     |  |
| long chilli<br>(optional) ∮      | 1/2             | 1                                     |  |
| Malaysian tofu                   | 1 packet        | 2 packets                             |  |
| chicken thigh                    | 1 medium packet | 2 medium packets<br>OR 1 large packet |  |
| chicken stock pot                | ½ packet        | 1 packet                              |  |
| ginger<br>lemongrass paste       | 1 packet        | 2 packets                             |  |
| satay seasoning                  | 1 sachet        | 2 sachets                             |  |
| coconut milk                     | 1 packet        | 2 packets                             |  |
| fish sauce & rice<br>vinegar mix | 1 packet        | 2 packets                             |  |
| water*                           | 1½ cups         | 3 cups                                |  |
| soy sauce*                       | ½ tbs           | 1 tbs                                 |  |
| brown sugar*                     | 1 tsp           | 2 tsp                                 |  |
| crispy shallots                  | 1 medium sachet | 1 large sachet                        |  |

#### **Nutrition**

\*Pantry Items

| Avg Qty           | Per Serving     | Per 100g      |
|-------------------|-----------------|---------------|
| Energy (kJ)       | 3637kJ (869cal) | 262kJ (63cal) |
| Protein (g)       | 53g             | 3.8g          |
| Fat, total (g)    | 40.3g           | 2.9g          |
| - saturated (g)   | 21.4g           | 1.5g          |
| Carbohydrate (g)  | 78.6g           | 5.7g          |
| - sugars (g)      | 16.5g           | 1.2g          |
| Sodium (mg)       | 2966mg          | 213.4mg       |
| Dietary Fibre (g) | 16.4g           | 1.2g          |
|                   |                 |               |

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.



# 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.



## Get prepped

- Meanwhile, roughly chop Asian greens. Trim and roughly chop green beans. Slice lime into wedges. Thinly slice long chilli (if using).
- Cut Malaysian tofu and chicken thigh into 2cm chunks.
- In a medium bowl, combine chicken, chicken stock pot (see ingredients), a drizzle of olive oil and a pinch of pepper.



#### Cook the tofu and chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **tofu**, tossing, until browned, **3-4 minutes**.

  Transfer to a bowl and cover to keep warm.
- Wipe out frying pan and return to high heat with a drizzle of olive oil.
- When oil is hot, cook chicken, tossing occasionally, until browned and cooked through,
   5-6 minutes. Remove from heat.

**TIP:** Chicken is cooked through when it is no longer pink inside.



#### Start the laksa

- While chicken is cooking, return saucepan to medium-high heat with a drizzle of olive oil.
- Cook green beans, tossing, until just tender,
   2-3 minutes.
- Add ginger lemongrass paste and satay seasoning and cook until fragrant, 1 minute.



### Finish the laksa

- Stir in coconut milk, fish sauce & rice vinegar mix, the water, soy sauce and brown sugar.
   Bring to a boil, then reduce heat to medium and simmer until slightly thickened, 2-3 minutes.
- Stir in Asian greens and cook until wilted,
   1 minute.
- Remove from heat, then add cooked egg noodles, chicken and a squeeze of lime juice, stirring until well combined. Season to taste.



## Serve up

- Divide Malaysian chicken laksa noodle soup between bowls.
- Top with tofu, crispy shallots and long chilli.
   Serve with any remaining lime wedges. Enjoy!

