

Malaysian Chicken & Tofu Laksa Noodle Soup

with Asian Greens, Lime & Crispy Shallots

TASTE TOURS

Grab your meal kit with this number

16



Egg Noodles



Asian Greens



Green Beans



Lime



Long Chilli (Optional)



Malaysian Tofu



Chicken Thigh



Chicken Stock Pot



Ginger Lemongrass Paste



Satay Seasoning



Coconut Milk



Fish Sauce & Rice Vinegar Mix



Crispy Shallots

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

 Eat Me Early

You don't need the cooler weather to enjoy a steaming bowl of hearty laksa! This delicious number has Malaysian tofu and tender chicken, swirled in with soft egg noodles and some super zingy and seriously umami flavours. Dig in!

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

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
Asian greens	1 packet	2 packets
green beans	1 small packet	1 medium packet
lime	½	1
long chilli (optional) 🌶️	½	1
Malaysian tofu	1 packet	2 packets
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
chicken stock pot	½ packet	1 packet
ginger lemongrass paste	1 packet	2 packets
satay seasoning	1 sachet	2 sachets
coconut milk	1 packet	2 packets
fish sauce & rice 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

*Pantry Items

Nutrition

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.

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.

4



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**.

2



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**.

5



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.

3



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.

6



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!

We're here to help!

Scan here if you have any questions or concerns



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