



# Chicken & Konjac Noodle Laksa

with Sautéed Veggies & Peanuts

CLIMATE SUPERSTAR

Grab your meal kit with this number

42



Garlic



Carrot



Zucchini



Lemon



Chicken Breast



Southeast Asian Spice Blend



Coconut Milk



Chicken Stock Pot



Konjac Noodles



Baby Spinach Leaves



Crushed Peanuts



Chicken Breast



Chicken Thigh

Prep in: 20-30 mins  
Ready in: 30-40 mins

Carb Smart

Protein Rich

Eat Me Early

If you're craving this coconutty, Southeast Asian-style soup but could do without all the carby noodles, this version is for you. Konjac noodles have fewer carbs than udon or rice noodles, but deliver the same slurp-factor and soak up the fragrant soup beautifully.

### 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

Deep frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	1 clove	2 cloves
carrot	1	2
zucchini	1	2
lemon	½	1
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Southeast Asian spice blend	1 medium sachet	1 large sachet
<b>water*</b>	1¼ cups	2½ cups
coconut milk	1 packet	2 packets
<b>soy sauce*</b>	1 ½ tbs	3 tbs
<b>brown sugar*</b>	½ tbs	1 tbs
chicken stock pot	½ packet	1 packet
konjac noodles	1 packet	2 packets
baby spinach leaves	1 small packet	1 medium packet
crushed peanuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1982kJ (474cal)	150kJ (36cal)
Protein (g)	45.1g	3.4g
Fat, total (g)	24.3g	1.8g
- saturated (g)	16.9g	1.3g
Carbohydrate (g)	16.9g	1.3g
- sugars (g)	10.6g	0.8g
Sodium (mg)	957mg	72.3mg
Dietary Fibre (g)	8.3g	0.6g

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



## Get prepped

- Finely chop **garlic**.
- Thinly slice **carrot** into half moons.
- Cut **zucchini** into small chunks.
- Zest **lemon** to get a pinch and cut into wedges.
- Cut **chicken breast** into 2cm chunks.



## Start the laksa

- Add the **water, coconut milk, soy sauce, brown sugar** and **chicken stock pot (see ingredients)**.
- Bring to a boil, then reduce heat to medium and simmer until slightly thickened, **3-5 minutes**.
- Stir through **konjac noodles** until warmed through, **30 seconds**.



## Cook the chicken

- In a deep frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a bowl.

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



## Finish the laksa

- Return **chicken** to pan, then add **baby spinach leaves** and cook, stirring until wilted, **1-2 minutes**.
- Add **lemon zest** and a good squeeze of **lemon juice**. Stir to combine. Season with **salt** and **pepper** to taste.



## Cook the veggies

- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **zucchini**, tossing, until almost tender, **3 minutes**.
- Add **garlic** and **Southeast Asian spice blend** and cook until fragrant, **1 minute**.



## Serve up

- Divide chicken and konjac noodle laksa between bowls.
- Sprinkle with **crushed peanuts**.
- Serve with any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



### CUSTOM OPTIONS

#### + DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

#### ↻ SWAP TO CHICKEN THIGH

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

