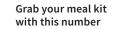


Chicken & Konjac Noodle Laksa with Sautéed Veggies & Peanuts

CLIMATE SUPERSTAR













Zucchini





Chicken Breast

Southeast Asian Spice Blend







Coconut Milk









Crushed Peanuts





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

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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
carrot	1	2
zucchini	1	2
lemon	1/2	1
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Southeast Asian spice blend	1 medium sachet	1 large sachet
water*	1¼ cups	2½ cups
coconut milk	1 packet	2 packets
soy sauce*	1 ½ tbs	3 tbs
brown sugar*	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
* D		

*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 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.



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.



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.



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**.

if necessary.

• Stir through konjac noodles until warmed through, 30 seconds.



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.



Serve up

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

