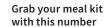


Chicken & Konjac Noodle Laksa with Sautéed Veggies & Peanuts





















Chicken Breast





Coconut Milk



Chicken Stock





Konjac Noodles



Coriander



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

Large saucepan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	1 clove	2 cloves	
Asian greens	1 packet	2 packets	
broccoli	1 head	2 heads	
lime	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*	1½ tbs	3 tbs	
brown sugar*	½ tbs	1 tbs	
chicken stock pot	1 small packet	1 medium packet	
konjac noodles	1 packet	2 packets	
coriander	½ packet	1 packet	
crushed peanuts	1 medium packet	1 large packet	
*			

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2047kJ (289cal)	289kJ (41cal)
Protein (g)	51.3g	7.2g
Fat, total (g)	23.9g	3.4g
- saturated (g)	16.1g	2.3g
Carbohydrate (g)	13.9g	2g
- sugars (g)	7.7g	1.1g
Sodium (mg)	969mg	136.7mg
Dietary Fibre (g)	12.6g	1.8g

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.
- Roughly chop Asian greens.
- · Chop broccoli (including stalk!) into small florets.
- · Zest lime to get a pinch and cut into wedges.
- · Cut chicken breast into 2cm chunks.



Cook the chicken

• In a large saucepan, heat a drizzle of olive oil over medium-high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), **5-6 minutes**. Transfer to a bowl.



Cook the veggies

- Return pan to medium-high heat with a drizzle of olive oil. Add broccoli and cook, tossing, until softened. 5-6 minutes.
- · Add garlic and Southeast Asian spice blend and cook until fragrant, 1 minute.

TIP: Add a dash of water to the pan to help speed up the cooking process.



Start the laksa

- Add the water, coconut milk, the soy sauce, brown sugar and chicken stock pot.
- · 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.



Finish the laksa

- · Return chicken to the pan, then add Asian greens and cook, stirring until wilted, 1-2 minutes.
- Add lime zest and a good squeeze of lime juice. Stir to combine. Season with salt and pepper to taste.



Serve up

- Divide chicken and konjac noodle laksa between bowls.
- Tear over coriander (see ingredients).
- · Sprinkle with crushed peanuts.
- Serve with any remaining lime wedges. Enjoy!







We're here to help!