



Chicken & Konjac Noodle Laksa

with Sautéed Veggies & Peanuts

Grab your meal kit with this number

40



Garlic



Asian Greens



Broccoli



Lime



Chicken Breast



Southeast Asian Spice Blend



Coconut Milk



Chicken Stock Pot



Konjac Noodles



Coriander



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

Large saucepan

Ingredients

	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	½	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!

Scan here if you have any questions or concerns

2024 | CW51



CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN THIGH

Cut into 2cm chunks. 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.

