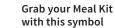


Makrut Lime & Coconut Chicken Noodles

with Veggies & Crushed Peanuts

NEW







Leaves



Chicken Tenderloins



Egg Noodles





Southeast Asian



Spice Blend



Baby Spinach Leaves



Coconut Milk

Crushed Peanuts





Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me Early



This dish has a lot going for it! Makrut lime leaves are mixed with soy sauce to create the perfect marinade for tender chicken, noodles and a bowl full of bright veggies. Get in quick, this one won't last long!

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine), Brown Sugar

Before you start

Wash your hands and any fresh food.

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 frying pan · Medium saucepan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
makrut lime leaves	2 leaves	4 leaves		
water*	1/4 cup	½ cups		
soy sauce*	2 tbs	1/4 cup		
vinegar* (white wine or rice wine)	1 tsp	2 tsp		
brown sugar*	1 tsp	2 tsp		
chicken tenderloins	1 small packet	1 large packet		
egg noodles	1 medium packet	2 medium packets		
broccoli & carrot mix	1 medium bag	1 large bag		
Southeast Asian spice blend	1 medium sachet	1 large sachet		
coconut milk	1 medium packet	2 medium packets		
baby spinach leaves	1 small bag	1 medium bag		
crushed peanuts	1 medium packet	1 large packet		
chicken tenderloins**	1 small packet	1 large packet		

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2461kJ (588Cal)	563kJ (135Cal)
Protein (g)	49.5g	11.3g
Fat, total (g)	28.1g	6.4g
- saturated (g)	16.8g	3.8g
Carbohydrate (g)	62.2g	14.2g
- sugars (g)	8.5g	1.9g
Sodium (mg)	1073mg	246mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3174kJ (759Cal)	527kJ (126Cal)
Protein (g)	86.1g	14.3g
Fat, total (g)	30.5g	5.1g
- saturated (g)	17.6g	2.9g
Carbohydrate (g)	62.2g	10.3g
- sugars (g)	8.5g	1.4g
Sodium (mg)	1144mg	190mg

The quantities provided above are averages only.

Allergens

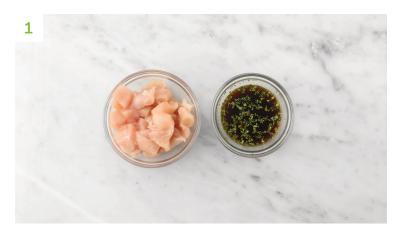
Always read product labels for the most up-to-date allergen information.

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

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- Boil the kettle. Remove centre veins from makrut lime leaves, then very finely chop.
- In a small bowl combine makrut lime leaves, the water, soy sauce, vinegar and brown sugar.
- Cut chicken tenderloins into 2cm chunks.

TIP: The makrut lime leaves are fibrous so you want to cut them into small pieces!

Custom Recipe: If you've doubled your chicken tenderloins, cut extra chicken tenderloins as above.



Cook the veggies

- Return the frying pan to a medium-high heat with a drizzle of **olive oil**.
- Cook carrot & broccoli mix, tossing until tender, 4-5 minutes. Reduce heat to medium and stir in Southeast Asian spice blend, cook until fragrant, 1 minute.
- Add coconut milk and makrut-sauce mixture and cook, stirring, until slightly reduced, 1-2 minutes.
- Add baby spinach leaves and cooked noodles and return chicken to the pan. Cook tossing, until wilted, 1 minute.



Cook the chicken & noodles

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Season. Transfer to a plate.
- Meanwhile, half-fill a medium 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.

Custom Recipe: Cook chicken in batches for the best results.



Serve up

- Divide makrut lime and coconut chicken noodles with veggies between bowls.
- Top with **crushed peanuts** to serve. Enjoy!

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate