



Makrut Lime & Coconut Chicken Noodles

with Veggies & Crushed Peanuts

NEW

Grab your Meal Kit with this symbol



Makrut Lime Leaves



Chicken Tenderloins



Egg Noodles



Broccoli & Carrot Mix



Southeast Asian Spice Blend



Coconut Milk



Baby Spinach Leaves



Crushed Peanuts



Chicken Tenderloins

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



Calorie Smart*

*Custom recipe is not Calorie Smart



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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

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

	2 People	4 People
olive oil*	refer to method	refer to method
makrut lime leaves	2 leaves	4 leaves
water*	¼ cup	½ cups
soy sauce*	2 tbs	¼ 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



1



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.

3



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**.

2



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.

4



Serve up

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

Rate your recipe

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