



THAI COCONUT CURRY NOODLES

with Veggies & Roasted Peanuts



Blanch broccoli in the same pot as the noodles



Broccoli



Red Onion



Carrot



Garlic



Lime



Coriander



Udon Noodles



Thai Red Curry Paste



Coconut Cream



Roasted Peanuts



Hands-on: **20 mins**

Ready in: **25 mins**

Spicy (Thai red curry paste)

Set your timers: this fragrant dish comes together in 25 minutes or less, yet has the flavour of a slow-cooked meal. With crisp and tender vegetables and crunchy peanuts all coated in a luscious coconut curry sauce, this bowl of Thai noodles is a fast food choice you can feel happy about!

Pantry Staples: Olive Oil, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **medium saucepan** • **large frying pan**



1 GET PREPPED

Bring a medium saucepan of water to the boil. Cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **red onion**. Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic** (or use a garlic press). Slice the **lime** into wedges. Roughly chop the **coriander**.



2 COOK THE NOODLES & BROCCOLI

Add the **udon noodles** (see ingredients list) to the saucepan of boiling water and cook for **8-10 minutes**, or until just tender. In the last **3-4 minutes** of noodle cook time, add the **broccoli** and cook until just tender. Drain and refresh under cold water.



3 COOK THE VEGGIES

While the noodles are cooking, heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **onion** and **carrot** and cook for **5 minutes** or until softened.



4 MAKE THE SAUCE

Add the **garlic** and **Thai red curry paste** (see ingredients list) to the frying pan and cook for **1-2 minutes** or until fragrant. Add the **coconut cream** and **soy sauce** and stir to combine. **SPICY!** You may find the curry paste hot! Feel free to add less, depending on your taste.



5 ADD THE NOODLES

Add the drained **noodles** and **broccoli** to the frying pan. Toss to coat the noodles in the sauce and cook until warmed through.
TIP: Add a dash of water if the sauce looks too thick.



6 SERVE UP

Divide the Thai coconut curry noodles between bowls. Top with a squeeze of lime juice, the coriander and **roasted peanuts**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
broccoli	1	2
red onion	1	2
carrot	1	2
garlic	2 cloves	4 cloves
lime	1	2
coriander	1 bunch	1 bunch
udon noodles	½ packet	1 packet
Thai red curry paste	½ tin	1 tin
coconut cream	1 tin (140 ml)	1 tin (270 ml)
soy sauce*	1 tbs	2 tbs
roasted peanuts	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2820kJ (674Cal)	546kJ (130Cal)
Protein (g)	21.7g	4.2g
Fat, total (g)	31.1g	6.0g
- saturated (g)	19.7g	3.8g
Carbohydrate (g)	69.8g	13.5g
- sugars (g)	15.4g	3.0g
Sodium (g)	2580mg	499mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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