



THAI-STYLE MILD CHICKEN & NOODLE LARB

with Rainbow Veg & Crushed Peanuts



Cook with ramen noodles



Ginger



Garlic



Red Capsicum



Carrot



Chicken Mince



Snow Peas



Spring Onion



Ramen Noodles



Granulated Peanuts



Black Sesame Seeds

Hands-on: 20 mins
Ready in: 30 mins
Eat me early

This dish really is lightning fast! If you can bear it, it's well worth taking a bit of time to cut the veggies lengthways, into pieces that are roughly the same size. Not only does it make your noodle bowl look rather cheffy, but mimicking the long thin shape of the ramen noodles makes everything easier to gobble up!

Pantry Staples: Olive Oil, Soy Sauce, Fish Sauce, Brown Sugar, Rice Wine Vinegar (or White Wine Vinegar), Water

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **medium saucepan, garlic crusher, teaspoon, fine grater, chef's knife, chopping board, small bowl, slotted spoon or tongs, colander, a plate lined with paper towel, large frying pan** and a **wooden spoon**.



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Peel and crush the **garlic**. Peel and grate the **ginger**. **TIP:** Use the edge of a **teaspoon** to gently scrape the skin off the **ginger**. Cut the **carrot** into 0.5 cm thick batons. Cut the **red capsicum** into 1 cm strips. Trim the ends of the **snow peas**. **TIP:** Slice the **snow peas** in half lengthways if you have time. Finely slice the **spring onion**.



2 MAKE THE SAUCE

In a small bowl, mix together the **soy sauce, fish sauce, brown sugar, rice wine vinegar** and **water** (use suggested amount).



3 COOK THE VEGGIES

Place the **carrot, red capsicum** and **snow peas** into the saucepan of boiling water for **1 minute**. Remove from the saucepan using a slotted spoon or tongs and place in a colander. Rinse under cold water and set aside on plate lined with a paper towel. Return the saucepan of water to the boil.



4 COOK THE CHICKEN LARB

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **garlic** and **ginger** and cook for **1 minute**, or until fragrant. Add the **chicken mince** and cook, breaking up with a wooden spoon, for **5-6 minutes**, or until just browned. Add **1/2** the **sauce** to the frying pan and cook, stirring regularly, for **2-3 minutes** or until the sauce begins to reduce. Remove the frying pan from the heat and stir through the veggies.



5 COOK THE RAMEN NOODLES

While the chicken larb is cooking, add the **ramen noodles** to the saucepan of boiling water. Cook for **4 minutes**, or until soft. Drain and refresh under cold water.



6 SERVE UP

Divide the ramen noodles between bowls. Top with the Thai-style mild chicken larb and rainbow veg. Drizzle over the remaining sauce and garnish the adult's portion with **granulated peanuts, black sesame seeds** and spring onion.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	1 clove
ginger	1 knob
carrot	1
red capsicum	1
snow peas	1 bag
spring onion	1 bunch
soy sauce*	1/3 cup
fish sauce*	2 tsp
brown sugar*	2 tbs
rice wine vinegar* (or white wine vinegar)	2 tbs
water*	1 tbs
chicken mince	1 packet
ramen noodles	1 packet (270 g)
granulated peanuts	1 packet
black sesame seeds	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1770kJ (422Cal)	475kJ (114Cal)
Protein (g)	33.5g	9.0g
Fat, total (g)	17.4g	4.7g
- saturated (g)	4.1g	1.1g
Carbohydrate (g)	31.0g	8.3g
- sugars (g)	11.7g	3.2g
Sodium (g)	1190mg	319mg

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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