

# Saucy Coconut & Chicken Noodles

with Lemongrass & Ginger

Grab your Meal Kit with this symbol



Garlic



Asian Greens



Carrot



Lime



Chicken Thigh



Flat Noodles



Ginger Lemongrass Paste



Southeast Asian Spice Blend



Coconut Milk



Oyster Sauce

 Hands-on: 35-45 mins  
Ready in: 45-55 mins

 Eat me early

We're excited about these noodle bowls that have a kind of laksa-inspired touch to them. Creamy and zesty, you'll love how each mouthful is bursting with flavour!

### Pantry items

Olive Oil, Soy Sauce, Brown Sugar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
Asian greens	1 bunch	2 bunches
carrot	1	2
lime	½	1
chicken thigh	1 small packet	1 large packet
flat noodles	1 packet	2 packets
soy sauce*	2 tsp	1 tbs
ginger lemongrass paste	1 packet	2 packets
Southeast Asian spice blend	½ sachet	1 sachet
coconut milk	1 tin (165ml)	1 tin (400ml)
oyster sauce	1 packet (50g)	1 packet (100g)
brown sugar*	1 tsp	2 tsp

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3097kJ (740Cal)	478kJ (114Cal)
Protein (g)	44.1g	6.8g
Fat, total (g)	34.3g	5.3g
- saturated (g)	14.1g	2.2g
Carbohydrate (g)	57.5g	8.9g
- sugars (g)	14.9g	2.3g
Sodium (mg)	1949mg	301mg

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.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

Bring a medium saucepan of water to the boil. Finely chop the **garlic**. Roughly chop the **Asian greens**. Thinly slice the **carrot** (unpeeled) into half-moons. Zest the **lime** to get a generous pinch and cut into wedges. Cut the **chicken thigh** into 2cm chunks.



## Cook the chicken

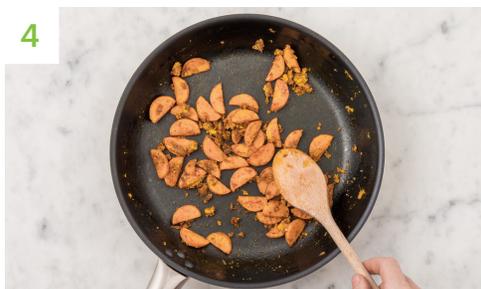
Heat a large frying pan over a high heat with a drizzle of **olive oil**. Cook the **chicken** until browned and cooked through, **3-5 minutes**. Transfer to a large bowl.

**TIP:** Chicken is cooked through when it's no longer pink inside.



## Cook the noodles

Cook the **flat noodles** in the boiling water until softened, **2 minutes**. Drain and add to the bowl with the **chicken**.



## Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **carrot** and cook until softened, **4-5 minutes**. Add the **garlic**, **soy sauce**, **ginger lemongrass paste** and **Southeast Asian spice blend** (see ingredients) and cook until fragrant, **1 minute**.



## Make the coconut sauce

Add the **coconut milk**, **oyster sauce**, **brown sugar**, **lime zest** and a generous squeeze of **lime juice** to the pan. Stir to combine and cook until slightly thickened, **2-3 minutes**. Add the **Asian greens**, **noodles** and **chicken** and toss until the greens have wilted, **2 minutes**.



## Serve up

Divide the saucy coconut and chicken noodles between bowls. Serve with any remaining lime wedges.

## Enjoy!