



# DINNER - THAI RED CURRY NOODLES WITH SPICED CHICKEN

## LUNCH - CHICKEN & ROAST PUMPKIN SALAD

### DINNER TO LUNCH

Cook once,  
eat twice!

DINNER



LUNCH



Peeled & Chopped  
Pumpkin



Sesame Seeds



Garlic



Carrot



Broccoli



Coriander



Udon Noodles



Chicken Breast



Thai Seven  
Spice Blend



Thai Red  
Curry Paste



Coconut Milk

### FOR YOUR LUNCH



Cucumber



Lemon



Mixed Salad  
Leaves



Crispy Shallots



Sweet Chili  
Sauce

#### DINNER

Hands-on: **35-45mins**  
Ready in: **40-50 mins**



Eat me early

#### LUNCH

Ready in: **5-15mins**



Spicy (Thai red  
curry paste)

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day! Enjoy a saucy noodle dish with Thai-spiced chicken, then add the rest of the chicken to a hearty roast pumpkin salad. Extra delicious!

**Pantry Staples:** Olive Oil, Soy Sauce,  
Brown Sugar

# BEFORE YOU START

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

## DINNER



### 1 ROAST THE PUMPKIN

Preheat the oven to **220°C/200°C fan-forced**. Bring a large saucepan of water to the boil. Place the **peeled & chopped pumpkin** and **sesame seeds** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with a **good pinch of salt and pepper**. Spread in a single layer and roast until tender, **20-25 minutes**.



### 2 GET PREPPED

While the pumpkin is roasting, finely chop the **garlic** (or use a garlic press). Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **broccoli** (see ingredients list) into small florets and roughly chop the stalk. Roughly chop the **coriander**. Add the **udon noodles** (see ingredients list) to the saucepan of boiling water and cook until just tender, **8 minutes**. Drain and refresh under cold water.



### 3 COOK THE CHICKEN

While the noodles are cooking, slice the **chicken breast** into 1cm strips and place in bowl with the **Thai seven spice blend**. Drizzle with **olive oil**, season with **salt and pepper** and toss to coat. In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the **oil** is hot, add the **chicken** with a pinch of **salt and pepper** and cook, tossing, until cooked through, **3-4 minutes**. Transfer to a plate.



### 4 COOK THE VEGGIES & SAUCE

**SPICY!** The curry paste is hot, feel free to add less if you're sensitive to heat! Return the pan to a high heat with a **drizzle of olive oil**. Add the **garlic, carrot and broccoli** and cook, stirring, until the garlic is fragrant, **1-2 minutes**. Add the **Thai red curry paste** (see ingredients list) and cook until fragrant, **1 minute**. Reduce the heat to medium-high and add the **coconut milk, soy sauce and brown sugar**. Simmer until the veggies are tender, **7-9 minutes**. Add the **udon noodles** and stir through until heated, **1-2 minutes**. Season to taste with **salt and pepper**.



### 5 SERVE UP DINNER

Divide the **noodles and veggies** between bowls. Reserve **two portions** of the **chicken** (about **1 cup**) for lunch. Serve the **remaining chicken** (plus any **resting juices**) on top of the noodles. Garnish with the **coriander**.

## LUNCH



### 6 MAKE LUNCH

When you're ready to pack lunch, slice the **cucumber** into half-moons. Cut the **lemon** in half. Divide the **reserved chicken breast**, roast **pumpkin, cucumber, mixed salad leaves and crispy shallots** between two containers. Season with **salt and pepper** to taste. Add the **lemon halves** and **sweet chilli sauce** tubs. Refrigerate. At lunch time, drizzle the **sweet chilli sauce** over the salad. Toss to combine and squeeze over **lemon juice** to taste.

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 packet (200g)	1 packet (200g)
sesame seeds	1 sachet	1 sachet
garlic	2 cloves	3 cloves
carrot	1	2
broccoli	1 head	1½ heads
coriander	1 bag	1 bag
udon noodles	½ packet (135g)	1 packet (270g)
chicken breast	1 medium packet	1 large packet
Thai seven spice blend	1 sachet	2 sachets
Thai red curry paste	¼ tin (75g)	1½ tins (150g)
coconut milk	2 boxes (400ml)	3 boxes (600ml)
soy sauce*	1 tbs	1½ tbs
brown sugar*	2 tsp	3 tsp
cucumber	1	1
lemon	1	1
mixed salad leaves	1 bag (60g)	1 bag (60g)
crispy shallots	1 packet	1 packet
sweet chilli sauce	2 tubs (50g)	2 tubs (50g)

\*Pantry Items

## NUTRITION

DINNER	PER SERVING	Per 100G
Energy (kJ)	4010kJ (959Cal)	602kJ (144Cal)
Protein (g)	46.6g	7.0g
Fat, total (g)	47.5g	7.1g
- saturated (g)	26.6g	4.0g
Carbohydrate (g)	71.9g	10.8g
- sugars (g)	18.2g	2.7g
Sodium (g)	3510mg	527mg

  

LUNCH	PER SERVING	Per 100G
Energy (kJ)	1350kJ (322Cal)	354kJ (85Cal)
Protein (g)	30.4g	8.0g
Fat, total (g)	11.3g	3.0g
- saturated (g)	4.3g	1.1g
Carbohydrate (g)	22.6g	5.9g
- sugars (g)	17.9g	4.7g
Sodium (g)	373mg	98mg

For allergens and ingredient information, visit

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

Please call us with any questions or concerns | (02) 8188 8722

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