



# Fragrant Chicken Laksa

with Egg Noodles and Salted Peanuts

Classic 30-35 Minutes • Medium Spice • 1 of your 5 a day

49



Bell Pepper



Red Chilli



Lime



Salted Peanuts



Garlic Clove



Red Thai Style Paste



Peanut Butter



Coconut Milk



Chicken Stock Paste



Diced British Chicken Thigh



Egg Noodle Nest

**Pantry Items**

Oil, Salt, Pepper, Sugar



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Fine grater, garlic press, rolling pin, saucepan, kettle and sieve.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Red Chilli**	½	¾	1
Lime**	1	1	2
Salted Peanuts <b>1)</b>	25g	50g	50g
Garlic Clove**	2	3	4
Red Thai Style Paste	50g	75g	100g
Peanut Butter <b>1)</b>	30g	60g	60g
Coconut Milk	180ml	250ml	360ml
Chicken Stock Paste	10g	15g	20g
Diced British Chicken Thigh**	190g	350g	390g
Egg Noodle Nest <b>8)</b> <b>13)</b>	125g	187g	250g

Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Laksa*	300ml	450ml	600ml

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	<b>582g</b>	<b>100g</b>
Energy (kJ/kcal)	3446 /824	592 /142
Fat (g)	46.2	7.9
Sat. Fat (g)	20.0	3.4
Carbohydrate (g)	60.7	10.4
Sugars (g)	10.3	1.8
Protein (g)	43.2	7.4
Salt (g)	3.34	0.57

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**1)** Peanut **8)** Egg **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## Get Prepped

Halve the **pepper** and discard the core and seeds. Slice into thin strips, then chop into roughly 1cm pieces.

Halve the **red chilli** lengthways, deseed, then finely chop. Zest and halve the **lime**.

Peel and grate the **garlic** (or use a garlic press).

Crush the **peanuts** in the unopened sachet using a rolling pin.



## Cook the Noodles

Meanwhile, boil a full kettle.

Pour the **boiled water** into a medium saucepan with **½ tsp salt** and bring to a boil. Add the **noodles** and cook until tender, 4 mins.

Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



## Prep the Veg

Heat a large saucepan on medium-high heat with a drizzle of **oil**.

Once hot, add the **pepper** and stir-fry for 2-3 mins.

Add the **garlic**, **red Thai style paste** and **peanut butter**. Stir-fry until fragrant, 1 min.



## Finishing Touches

When the **laksa** is ready, add the **cooked noodles** and simmer until piping hot, 1-2 mins.

Squeeze in the **juice** from **half the lime**, then remove from the heat.

Taste and season with **salt**, **pepper** or more **lime juice** to taste. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.

Add a splash of **water** if it's a little thick.



## Laksa Time

Add the **coconut milk**, **chicken stock paste**, **sugar** and **water for the laksa** (see pantry for both amounts). Stir to combine and bring to the boil.

Stir in the **chicken**, then lower the heat and simmer until the **chicken** is cooked and the **sauce** has thickened, 10-12 mins.



## Combine and Serve

Share the **chicken laksa** between your serving bowls.

Sprinkle over the **lime zest** and **chilli** (add less if you'd prefer things milder) and **salted peanuts** to finish.

Enjoy!