



Fragrant Chicken Laksa with Noodles

Classic Eat Me Early • 40 Minutes • Medium Spice • 1 of your 5 a day

1



Bell Pepper



Spring Onion



Red Chilli



Garlic Clove



Coriander



Lime



Red Thai Curry Paste



Coconut Milk



Chicken Stock Paste



Peanut Butter



Diced Chicken Thigh



Egg Noodle Nest



King Prawns



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Kettle, Garlic Press, Zester, Saucepan, Frying Pan.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Spring Onion**	1	2	2
Red Chilli**	½	¾	1
Garlic Clove**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Red Thai Curry Paste	50g	75g	100g
Coconut Milk	200ml	300ml	400ml
Chicken Stock Paste	10g	15g	20g
Water*	400ml	600ml	800ml
Peanut Butter** 1)	1 sachet	2 sachets	2 sachets
Diced Chicken Thigh**	210g	350g	420g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
King Prawns** 5)	150g	225g	300g

*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

	Per serving	Per 100g
for uncooked ingredient	438g	100g
Energy (kJ/kcal)	2586/618	590/141
Fat (g)	41	9
Sat. Fat (g)	20	4
Carbohydrate (g)	30	7
Sugars (g)	7	2
Protein (g)	33	8
Salt (g)	2.74	0.63

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	513g	100g
Energy (kJ/kcal)	2780/664	542/129
Fat (g)	41	8
Sat. Fat (g)	20	4
Carbohydrate (g)	30	6
Sugars (g)	7	1
Protein (g)	44	9
Salt (g)	3.73	0.73

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 13) Gluten 5) Crustaceans

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Prep the Veggies

Pop your kettle on to boil. Halve the **pepper** and discard the core and **seeds**. Chop into small pieces. Trim and thinly slice the **spring onion**. Halve the **chilli** lengthways, deseed then finely chop. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). Zest and halve the **lime**.



Cook the Chicken

Meanwhile, heat a splash of **oil** in a frying pan on medium-high heat. Once hot, add the **chicken pieces** and **lime zest**. Season with a pinch of **salt** and **pepper**. Stir-fry until cooked through, 8-10 mins. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle. When cooked, remove to a plate and cover with foil to keep warm.



Laksa Time

Heat a splash of **oil** in a large saucepan on medium heat. Add the **pepper, garlic, chilli** and **half** the **spring onion**. Stir and cook for 2 mins, then add the **red Thai curry paste** and stir together. **TIP:** Add less chilli if you don't like heat! After 1 minute, pour in the **coconut milk** and mix until smooth. Add the **chicken stock paste** with the **boiling water** from your kettle (see ingredients for amount) and bring to a simmer.



Cook the Noodles

When the **laksa** has been cooking for 10 mins, add in the **egg noodle nests**. Cook until soft enough to eat, about 4 mins. **TIP:** The noodles may soak up some of the coconutty liquid. If this is the case, just add a splash of water to get it back to a soupy consistency.



CUSTOM RECIPE

If you've opted to add **prawns** to your meal, add them to the **sauce** when you add the **noodles** and cook the same amount of time. **IMPORTANT:** Wash your hands after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.



Season the Laksa

Add the **peanut butter** and a pinch of **sugar** (if you have some) to your pan. Simmer gently for 10 mins. Taste the **laksa** and add seasoning if you think it needs it - **salt, pepper, sugar** - whatever suits your taste!



Assemble and Serve

Add the **chicken** to the pan and simmer until the **chicken** is piping hot, 1-2 mins. Remove from the heat and add **half** the **lime juice**. Taste and add **salt, pepper** and more **lime juice** if you feel it needs it. Serve in big bowls topped with the **coriander** and the remaining **spring onion**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.