












# Dinner – Saucy Thai Red Curry Noodles with Spiced Chicken


## Lunch – Chicken & Roast Pumpkin Salad

Grab your Meal Kit with this symbol



- |  |   |
|--|---|
|   |  |
| 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 Chilli Sauce  |   |

#### DINNER

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

#### LUNCH

Ready in: 10 mins



Eat me early



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 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

Large saucepan · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
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	1 packet
chicken breast	1 small packet	1 large packet
Thai seven spice blend	1 sachet	2 sachets
Thai red curry paste	¾ tin	1½ tins
coconut milk	2 boxes	3 boxes
soy sauce*	1 tbs	1 ½ 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 packets (50g)	2 packets (50g)

\*Pantry Items

## Nutrition

Dinner	Per Serving	Per 100g
Energy (kJ)	3380kJ (808Cal)	514kJ (123Cal)
Protein (g)	44.9g	6.8g
Fat, total (g)	44.7g	6.8g
- saturated (g)	26.6g	4.0g
Carbohydrate (g)	41.5g	6.3g
- sugars (g)	18.6g	2.8g
Sodium (mg)	2120mg	323mg
Lunch	Per Serving	Per 100g
Energy (kJ)	1820kJ (436Cal)	457kJ (109Cal)
Protein (g)	32.2g	8.1g
Fat, total (g)	21.8g	5.5g
- saturated (g)	5.7g	1.4g
Carbohydrate (g)	25.4g	6.4g
- sugars (g)	18.6g	4.7g
Sodium (mg)	651mg	163mg

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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[hello@hellofresh.com.au](mailto:hello@hellofresh.com.au)

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## 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 **salt** and **pepper**. Toss to coat. Spread in a single layer and roast until tender, **20-25 minutes**. Set aside until it's time to pack lunch.



## Cook the veggies and 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) 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 just tender, **7-9 minutes**. Add the **udon noodles** to the pan and stir through until heated, **1-2 minutes**. Season to taste.



## Get prepped

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



## Serve up dinner

Divide the **Thai red curry noodles** between bowls. Reserve **2 portions** of the **chicken** (about 1 cup) for lunch and place the remainder (plus any **resting juices**) on top the **noodles**. Garnish with the **coriander**.



## Cook the chicken

While the noodles are cooking, slice the **chicken breast** into 1cm strips. In a large bowl, combine the **Thai seven spice blend** and a drizzle of **olive oil**. Add the **chicken**, 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, cook the **chicken**, tossing, until browned and cooked through, **3-4 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate.



## Make lunch

When you're ready to pack lunch, slice the **cucumber** into half-moons. Slice the **lemon** into wedges. Divide the reserved **chicken breast**, roast **pumpkin**, **cucumber**, **mixed salad leaves**, **crispy shallots**, **lemon** and **sweet chilli sauce** packets between 2 containers. Refrigerate. At lunch, remove the **sweet chilli sauce** and drizzle over the **salad**. Toss to combine. Season to taste with **lemon juice**, **salt** and **pepper**.

## Enjoy!