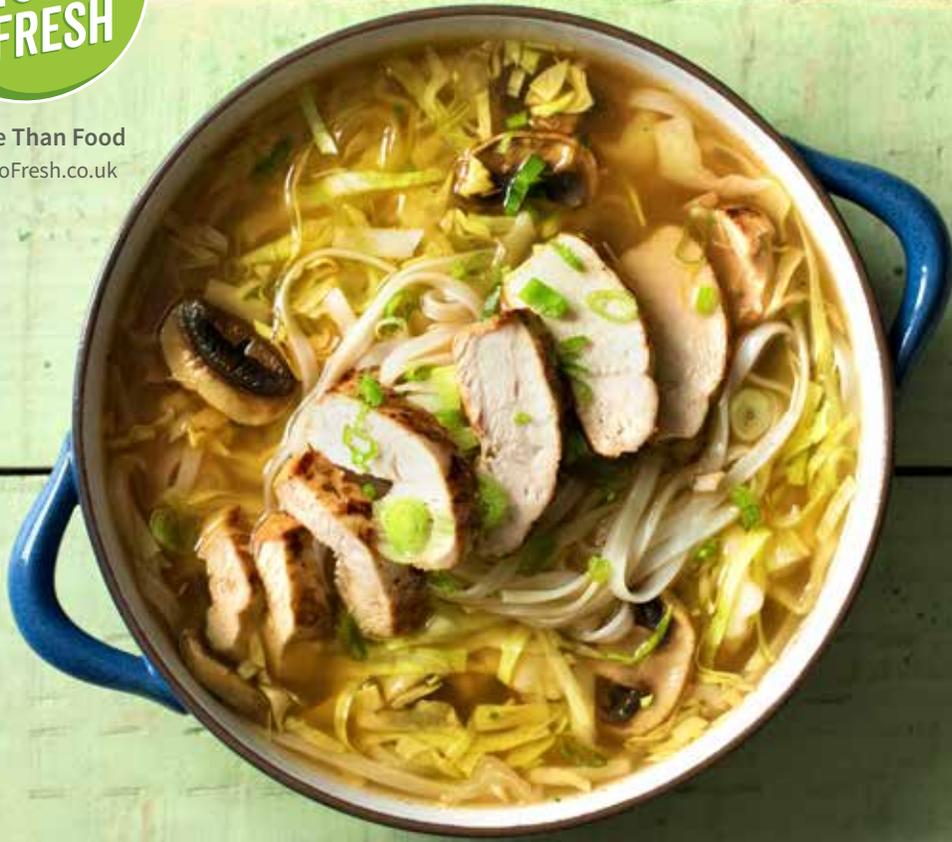




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Limey Chicken with Healthy Noodle Broth

This broth is both full of delicious flavours and also pretty damn healthy. Cooking the chicken in a pan on high heat before popping it in the oven caramelises the outside to make it extra yummy!

 30 mins

 spicy

 healthy



Lime (1)



Chicken Breast (2)



Spring Onion (3)



Closed Cup Mushrooms
(1 punnet)



Garlic Clove (1)



Cavolo Nero (1 pack)



Rice Noodles (½ pack)



Red Curry Paste
(1 tbsp)



Water (600ml)



Star Anise (1)



Chicken Stock Pot (1)

2 PEOPLE INGREDIENTS

- Lime
- Chicken Breast
- Spring Onion, sliced
- Closed Cup Mushrooms, sliced
- Garlic Clove, grated
- Cavolo Nero, sliced

- 1
- 2
- 3
- 1 punnet
- 1
- 1 pack

- Rice Noodles **½ pack**
- Red Curry Paste **1 tbsp**
- Water **600ml**
- Star Anise **1**
- Chicken Stock Pot **1**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Garlic is thought to repel insects like mosquitos if you eat it ...

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

Red Curry Paste Ingredients: Glucose Syrup, Water, Spices (Garlic, Coriander, Paprika, Chilli), Vegetable Oil, Salt, Lime Juice Powder, Sugar, Tomato Powder, Onion Extract, Red Cabbage Extract.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	469 kcal / 1968 kJ	5 g	2 g	67 g	9 g	42 g	3 g
Per 100g	110 kcal / 463 kJ	1 g	0 g	16 g	2 g	10 g	1 g

1



1 Grate the **lime zest** into a large bowl and squeeze in half the **lime juice**. Drizzle in a splash of **olive oil**, sprinkle in a pinch of **salt** and a good grind of **black pepper** and then add in the **chicken**. Mix together until your **chicken** is coated in the limey mixture, then leave to the side. Pre-heat your oven to 200 degrees.

2



2 Thinly slice the **spring onion** (but keep the white and green parts separate). Cut each of the **mushrooms** into roughly four slices. Peel and grate the **garlic** and slice the **cavolo nero** as thinly as possible.

3



3 Boil your kettle or a large pot of water. Put a frying pan on high heat, once the pan is really hot, lay in your **chicken breast** and cook for 3 mins on each side until browned. Transfer your **chicken breast** to a baking tray (don't wash up your pan, you'll use it later!) and pop in your oven to cook for 20 mins. **Tip:** *The chicken is cooked when no longer pink in the middle.*

6



4 Meanwhile, put the **rice noodles** in a bowl and pour over your boiling water and a pinch of **salt**. **Tip:** *The noodles should be completely submerged.* Leave your **noodles** to the side uncovered for 8-10 mins then test to see if they are cooked. If your **noodles** aren't cooked, leave them in the hot water for a couple more mins. Once cooked, drain your **noodles** and submerge them in cold water.

5 Drizzle some **oil** into the frying pan you cooked your chicken in and add in the whites of your **spring onion**. Cook for 2 mins before adding your **mushrooms**, a sprinkle of **salt** and a good grind of **black pepper**. Stir together and cook for another 5 mins before adding the **red curry paste** and your **garlic** and cook for another minute.

6 Now add the **water** (as specified in the ingredient table), **star anise** and **chicken stock pot**. Bring to the boil, making sure the stock pot has dissolved, then add your **cavolo nero** and simmer away for 3-4 mins until your **cavolo nero** has wilted and is soft. Squeeze in the rest of your **lime juice**, taste, and add **salt** and **black pepper** if you feel it needs it.

7 Once cooked, cut your **chicken** thinly into 1cm wide slices. Drain and divide your **noodles** between your bowls and ladle over your broth. Lay your **chicken** slices on top and sprinkle over the green parts of your **spring onion**. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!