



Chicken and Mushroom Noodles

with Thai spices and scallion garnish

20 – 25 mins • **Spicy**

15



Diced Chicken Breast



Egg Noodles



Red Thai Style Paste



Coconut Milk



Mushrooms



Scallion



Thai Style Spice Mix

Pantry Items: Oil, Water, Salt, Pepper



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pan with lid, sieve

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Egg Noodles	150 g	300 g
Red Thai Style Paste	2 sachets	4 sachets
Coconut Milk	1 pack	2 packs
Mushrooms	250 g	500 g
Scallion	2 units	4 units
Thai Style Spice Mix	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	489 g	100 g
Energy (kJ/kcal)	2774 kJ/ 663 kcal	567.3 kJ/ 135.6 kcal
Fat (g)	23.4 g	4.8 g
Sat. Fat (g)	15.3 g	3.1 g
Carbohydrate (g)	68.3 g	14 g
Sugars (g)	8.8 g	1.8 g
Protein (g)	49.1 g	10 g
Salt (g)	5.3 g	1.1 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.
Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Cook the Noodles

- Boil a large pot of **salted water** for the **egg noodles**.
- When the **water** is boiling, add the **noodles** and cook until softened, 4-6 mins.
- Drain in a sieve then return to the pot, off the heat.
- Add a splash of **oil** and toss to prevent sticking.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Garnish and Serve

- Divide the **chicken** and **mushroom noodles** between bowls.
- Top with a sprinkling of the remaining **scallion**.

Enjoy!



Prep the Veg

- Roughly chop the **mushrooms**.
- Trim and thinly slice the **scallion**.
- Place a pan over high heat with a drizzle of **oil**.
- Once hot, fry **mushrooms** and **chicken** until browned, 7-10 mins. Stir occasionally. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

TIP: *Notice a stronger smell from the chicken? Don't worry, this is normal due to packaging used to keep it fresh.*



Make the Sauce

- Add the **Thai spice** and **red Thai paste** to the pan and cook until fragrant, 1 min.
- Add the **coconut milk**, 75ml **water** (per 2P) and **half** the **scallion**.
- Cover and simmer for 5-7 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Add a splash of **water** to loosen the sauce if required. Season to taste with **salt** and **pepper**.
- Toss the drained **noodles** in the sauce to warm through and coat well.