



Chicken and Mushroom Noodles

with Thai spices and scallion garnish

20 – 25 mins • **Spicy**

15



Diced Irish Chicken Breast



Egg Noodles



Red Thai Style Paste



Coconut Milk



Mushrooms



Scallion



Thai Style Spice Mix



Pantry Items: Oil, Water, Salt, Pepper



Rate your recipe!

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.

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

Cooking tools you will need

Pan with lid, sieve

Ingredients

	2P	4P
Diced Irish 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
Diced Irish Chicken Breast	520 g	1040 g

Nutrition

for uncooked ingredient	Recipe 1	
	Per 100g	Per 100g
Energy (kJ/kcal)	567.3 kJ/ 135.6 kcal	543 kJ/ 130 kcal
Fat (g)	4.5 g	3.8 g
Sat. Fat (g)	3 g	2.5 g
Carbohydrate (g)	14 g	11 g
Sugars (g)	1.8 g	1.4 g
Protein (g)	10 g	13 g
Salt (g)	1.1 g	0.8 g

See site or app for detailed nutritional info.

Allergens

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

Contact

Share your creations with
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



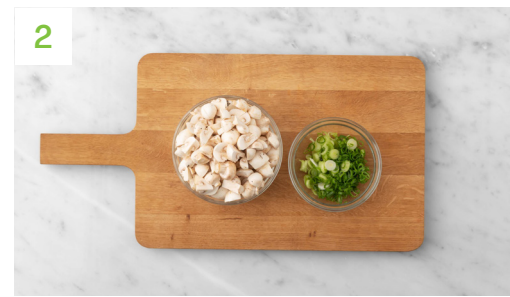
You can recycle me!



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.*



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.



Garnish and Serve

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

Enjoy!