



Golden Thai-Style Chicken Curry with Chow Mein Noodles

Spicy

30 Minutes



Chicken Thighs* 280g 560g	Tofu 1 2	Chicken Breasts* 4 8
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Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Chicken Breasts* 2 4	Green Curry Paste 2 tbsp 4 tbsp
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Thai Seasoning 2 tbsp 4 tbsp	Chow Mein Noodles 200g 400g
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Coconut Milk 1 2	Shallot 1 2
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Garlic, cloves 2 4	Sweet Bell Pepper 1 2
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Cilantro 7g 7g	Lime 1 2
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Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Salt, sugar, oil, pepper

Cooking utensils | Large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, strainer, zester

1



Boil water and prep

- Before starting, wash and dry all produce.

- Add **10 cups hot water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Core, then cut **pepper** into ½-inch slices.
- Peel, then cut **shallot** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- Zest **lime**, then cut into wedges.
- Roughly chop **cilantro**.

4



Finish curry

- Add **coconut milk**, **2 tsp** (4 tsp) **sugar** and **½ cup** (1 cup) **water**. Season with **salt** and **pepper**, then stir to combine. Cook, stirring occasionally, until liquid reduces slightly and **chicken** is cooked through, 10-15 min.**
- Remove from heat, then stir in **½ tsp** (1 tsp) **lime zest**.

2



Sear chicken

🔄 Swap | **Chicken Thighs**

🔄 Swap | **Tofu**

✖2 Double | **Chicken Breasts**

- Pat **chicken** dry with paper towels, then cut into 1-inch pieces on a separate cutting board. Season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Sear until golden, 2-3 min per side. (NOTE: Chicken will finish cooking in step 4.)

5



Cook chow mein noodles

- While **curry** cooks, add **chow mein noodles** to the boiling water. Cook uncovered until tender, 1-2 min.
- Drain, then return **noodles** to the same pot, off heat. Add **1 tsp** (2 tsp) **oil** and gently toss to coat. Set aside.

3



Start curry

- Reduce heat to medium.
- Add **1 tbsp** (2 tbsp) **oil**, then **green curry paste**, **Thai Seasoning**, **garlic**, **shallots** and **peppers**. Cook, stirring often, until **peppers** soften slightly, 2-3 min.

6



Finish and serve

- Divide **noodles** between bowls.
- Spoon **curry** over **noodles**.
- Sprinkle **cilantro** over top.
- Squeeze a **lime wedge** over top, if desired.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Sear chicken

🔄 Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, prep and cook them in the same way the recipe instructs you to prep and cook the **chicken breasts**.

2 | Cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces. Season **tofu** in the same way the recipe instructs you to season the **chicken breasts**. Cook **tofu**, turning occasionally, until crispy and golden-brown all over, 6-7 min.

2 | Sear chicken

✖2 Double | **Chicken Breasts**

If you've opted for **double chicken**, cook it in the same way the recipe instructs you to cook the **regular portion of chicken**. Work in batches, if necessary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.