



SuperQuick Curry Shrimp Noodles with Coconut

Spicy

15 Minutes

Swap



Tilapia

300 g | 600 g

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](https://www.hellofresh.ca)



Shrimp

285 g | 570 g



Chow Mein Noodles

200 g | 400 g



Coconut Milk

1 | 2



Shredded Coconut

2 tbsp | 4 tbsp



Curry Paste

8 tbsp | 16 tbsp



Ginger-Garlic Puree

2 tbsp | 4 tbsp



Green Peas

56 g | 112 g



Sweet Bell Pepper

1 | 2

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 | Oil, salt, pepper

Cooking utensils | Colander, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, small pan

1



Cook chow mein noodles

- Before starting, add 6 cups (12 cups) water and ½ tsp (¼ tsp) salt to a large pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Add **chow mein noodles** and **peas** to the boiling water.
- Cook uncovered until tender, 1-2 min.
- Drain **chow mein noodles**, then return to the same pot, off heat.

2



Toast coconut

- Heat a small pan over medium high heat.
- When hot, add **coconut** to the dry pan. Toast, stirring often, until golden, 1-2 min. Transfer to a plate.

3



Prep and cook peppers

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **peppers**. Cook, stirring often, until **peppers** are tender crisp, 4-5 min.

4



Cook shrimp and make curry

Swap | Tilapia

- Drain, rinse then pat **shrimp** dry with paper towels.
- Add **coconut milk**, **ginger-garlic puree** and **curry paste** to the pan. Cook, stirring often, until combined, 1-2 min.
- Add **shrimp**. Cook, stirring often, until **shrimp** are cooked through, 3-4 min.**
- Season with **salt** and **pepper**.

5



Finish and serve

- Add **coconut curry shrimp** to the large pot with the **chow mein noodles** and **peas**. Stir to combine.
- Divide **coconut curry shrimp noodles** between bowls.
- Sprinkle **toasted coconut** over top.

Measurements
within steps

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

4 | Cook tilapia and make curry

Swap | Tilapia

If you've opted to get **tilapia**, pat **tilapia** dry with paper towels, then cut into 1-inch pieces. Cook the **tilapia** in the same way the recipe instructs you to cook the **shrimp****.

** Cook shrimp and fish to minimum internal temperatures of 74°C/165°F and 70°C/158°F, respectively.