



Curried Lentil and Noodle Bowl

with Broccoli and Fragrant Broth

Veggie

Spicy

30 Minutes

+ Add



Chicken Breast
Tenders*
310 g | 620 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)



Sweet Bell
Pepper
1 | 2



Broccoli
170 g | 340 g



Curry Paste
2 tbsp | 4 tbsp



Coconut Milk
1 | 2



Cilantro
7 g | 14 g



Red Onion
½ | 1



Soy Sauce
1 tbsp | 2 tbsp



Chow Mein
Noodles
200 g | 400 g



Lime
1 | 2



Red Lentils
½ cup | 1 cup



Indian Spice Mix
1 tbsp | 2 tbsp



Vegetable Stock
Powder
1 tbsp | 2 tbsp



Chana Dal
28g | 56g

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.

1



Prep

- Before starting, wash and dry all produce.

- Add **10 cups water** and **1 tbsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Peel, then cut **half the onion** into ½-inch pieces (use whole onion for 4 ppl).
- Cut **broccolini** into 1-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Roughly chop **cilantro**.
- Juice **half the lime**. Cut **remaining lime** into wedges.
- Using a strainer, rinse **lentils** until water runs clear.

4



Cook noodles and broccolini

- Once **lentils** are tender, add **stock powder** and **broccolini**. Cook, stirring occasionally, until tender, 3-4 min. Season with **salt** and **pepper**.
- Once **broccolini** is tender, add **chow mein noodles** to the boiling water. Cook uncovered until tender, 1-2 min.
- Drain **noodles**.

2



Cook aromatics

+ Add | **Chicken Breast Tenders**

- Heat a medium pot over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions** and **peppers**. Cook, stirring often, until tender-crisp, 3-4 min. Season with **salt** and **pepper**.
- Add **curry paste** and **Indian Spice Mix**. Cook, stirring often, until fragrant, 1 min.

3



Cook lentils

- Add **lentils**, **coconut milk** and **2 ½ cups** (5 cups) **water** to the pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cook, stirring occasionally, until **lentils** are tender and water has been absorbed, 15-17 min.

5



Finish and serve

+ Add | **Chicken Breast Tenders**

- Stir **soy sauce** and **1 tbsp** (2 tbsp) **lime juice** into the medium pot, then season with **salt**.
- Divide **noodles** between bowls, then pour **broth** over top.
- Top with **cilantro** and **chana dal**.
- Squeeze a **lime wedge** over top, if desired.

2 | Cook aromatics and chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Sear until **chicken** is golden and cooked through, 3-4 min per side.**

5 | Finish and serve

+ Add | **Chicken Breast Tenders**

Thinly slice **chicken**. Top bowls with **chicken**.

♦ 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.