



Chicken and Mushroom Noodles

with chilli flakes and scallion garnish

Quick Cook 20-25 mins • Spicy

15



Diced Chicken Breast



Red Thai Style Paste



Coconut Milk



Mushrooms



Scallion



Egg Noodles



Dried Chilli Flakes

Pantry Items: Oil, Water, Salt, Pepper

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, pot with lid, sieve

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 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
Egg Noodles	150 g	300 g
Dried Chilli Flakes	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	500 g	100 g
Energy (kJ/kcal)	2736.3 kJ/ 654 kcal	547.3 kJ/ 130.8 kcal
Fat (g)	23 g	4.6 g
Sat. Fat (g)	15.3 g	3.1 g
Carbohydrate (g)	67.3 g	13.5 g
Sugars (g)	8.3 g	1.7 g
Protein (g)	46.7 g	9.3 g
Salt (g)	4.8 g	1 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

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.

Contact

Thumbs up or thumbs down?
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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 with a splash of **oil**.
- Toss to prevent sticking, cover and set aside.

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 remaining **scallion**.

Enjoy!



Prep the Veg

- Quarter the **mushrooms**. Halve any larger quarters.
- Trim and thinly slice the **scallions**.
- Place a pan over high heat with a drizzle of **oil**.
- Once hot, fry the **mushrooms** and **chicken** for 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 your chicken? Don't worry, this is normal due to vacuum packing we use to keep it fresh.*



Make the Sauce

- Add the **red Thai paste** to the pan and cook until fragrant, 1 min.
- Pour in the **coconut milk**, 75ml **water** (double for 4p), **chilli flakes** (use less if you don't like spice) 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**.
- Pop in the drained **noodles** and toss to coat the sauce.