



# Thai Green Coconut Noodle Soup

with Crushed Peanuts

Grab your Meal Kit with this symbol



Carrot



Green Beans



Asian Greens



Makrut Lime Leaves



Long Green Chilli (optional)



Thai Green Curry Paste



Coconut Cream



Vegetable Stock




Ramen Noodles



Crushed Peanuts

 Hands-on: **20-30 mins**  
Ready in: **25-35 mins**

 Spicy (Thai green curry paste & optional long green chilli)

This fast one-pot noodle soup is a delicious and easy way to switch up your dinner! Green curry paste and ramen noodles are the key players, while makrut lime leaves and crushed peanuts add flavour and crunch.

### Pantry items

Olive Oil, Soy Sauce

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Large pot or saucepan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
Asian greens	1 bunch	1 bunch
makrut lime leaves	2 leaves	4 leaves
long green chilli (optional)	½	1
Thai green curry paste	½ tin	1 tin
coconut cream	1 tin (400ml)	2 tins (800ml)
water*	3 cups	6 cups
vegetable stock	1 sachet	1 sachet
ramen noodles	½ packet	1 packet
soy sauce*	1 tbs	2 tbs
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3540kJ (845Cal)	730kJ (174Cal)
Protein (g)	17.6g	3.6g
Fat, total (g)	68.8g	14.2g
- saturated (g)	54.2g	11.2g
Carbohydrate (g)	37.6g	7.8g
- sugars (g)	14.6g	3.0g
Sodium (g)	1600mg	330mg

## Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



### 1. Get prepped

Finely chop the **carrot** (unpeeled). Trim the **green beans** and cut into 1cm pieces. Roughly chop the **Asian greens**. Remove the centre veins from the **makrut lime leaves**, then very thinly slice. Thinly slice the **long green chilli** (see ingredients list), if using.

**TIP:** Makrut lime leaves have a fibrous texture, so you want to cut them very thinly!



### 2. Start the soup

In a large pot or saucepan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot** and cook, stirring, until softened, **3-4 minutes**. Add the **Thai green curry paste** (see ingredients list) and cook, stirring, until fragrant, **1 minute**. Add the **coconut cream**, the **water**, **makrut lime** and **vegetable stock**. Stir well to combine, then bring to a simmer.

**TIP:** Stand back, the curry paste can spit when added to the oil.



### 3. Add the beans & noodles

Add the **green beans** and **ramen noodles** (see ingredients list) to the pan and cook until the beans and noodles are tender, **3-4 minutes**.



### 4. Add the greens

Stir the **Asian greens** through the soup until wilted, **2 minutes**.



### 5. Finish the soup

Add the **soy sauce** to the soup and stir to combine. Season to taste with **salt** and **pepper**.



### 6. Serve up

Divide the Thai green coconut noodle soup between bowls and top with the chilli (if using) and **crushed peanuts**.

**Enjoy!**