

Thai Green Coconut Noodle Soup

with Crushed Peanuts & Herbs

Grab your Meal Kit with this symbol



-  Carrot
-  Green Beans
-  Lime
-  Thai Green Curry Paste
-  Coconut Cream
-  Vegetable Stock Powder
-  Flat Noodles
-  Crushed Peanuts
-  Herbs
-  Firm Tofu

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **20-30** mins
Ready in: **25-35** mins

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 a hint of lime and crushed peanuts add flavour and crunch.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
green beans	1 bag (200g)	1 bag (400g)
lime	1	2
Thai green curry paste 🌶️	1 tin	2 tins
coconut cream	2 boxes (400ml)	4 boxes (800ml)
vegetable stock powder	1 medium sachet	1 large sachet
water*	1 cup	2 cups
flat noodles	1 packet	2 packets
soy sauce*	1 tbs	2 tbs
crushed peanuts	1 packet	2 packets
herbs	1 bag	1 bag
firm tofu**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3890kJ (930Cal)	570kJ (136Cal)
Protein (g)	19.6g	2.9g
Fat, total (g)	63.6g	9.3g
- saturated (g)	42.2g	6.2g
Carbohydrate (g)	65.2g	9.6g
- sugars (g)	17.7g	2.6g
Sodium (mg)	2281mg	334mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4674kJ (1117Cal)	561kJ (134Cal)
Protein (g)	39g	4.7g
Fat, total (g)	73.8g	8.9g
- saturated (g)	44.2g	5.3g
Carbohydrate (g)	67.3g	8.1g
- sugars (g)	18.3g	2.2g
Sodium (mg)	2284mg	274mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Thinly slice **carrot** into half-moons. Trim **green beans** and cut into thirds.
- Zest **lime** to get a pinch, then cut into wedges.

Custom Recipe: If you've added firm tofu to your meal, cut tofu into 2cm chunks.



Add the veggies & noodles

- Add **green beans** and cook until tender, **3-4 minutes**.
- Add **flat noodles**, stirring, until combined, **2 minutes**. In the **last minute** of cook time, gently stir **noodles** with a fork to separate.
- Add the **soy sauce** and a good squeeze of **lime juice**. Stir to combine and season to taste.



Start the soup

- SPICY! The curry paste is spicy, use less if you're sensitive to heat.**
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, stirring, until softened, **3-4 minutes**.
- Add **Thai green curry paste** and **lime zest** and cook, stirring, until fragrant, **1 minute**.
- Add **coconut cream**, **vegetable stock powder** and the **water**. Stir to combine and bring to a simmer.

Custom Recipe: Cook tofu with the carrot.



Serve up

- Divide Thai green coconut noodle soup between bowls.
- Sprinkle over **crushed peanuts** and tear over **herbs**.
- Serve with remaining lime wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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