

Thai Green Coconut Noodle Soup

with Crushed Peanuts & Herbs

Grab your Meal Kit with this symbol



Carrot



Baby Corn Spears



Baby Broccoli



Lemon



Thai Green Curry Paste



Vegetable Stock Powder



Flat Noodles



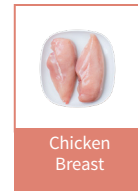
Crushed Peanuts



Herbs



Coconut Milk




Chicken Breast

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and 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

 Eat Me Early*
*Custom Recipe only

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

This fast one-pot noodle soup is a delicious and easy way to switch up your dinner! Green curry paste and flat noodles are the key players, while a hint of lemon 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 saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
baby broccoli	1 bag	1 bag
lemon	1	2
baby corn spears	½ tin	1 tin
Thai green curry paste 🌶️	1 tin	2 tins
coconut milk	1 box (200ml)	1 tin (400ml)
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
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2738kJ (654Cal)	469kJ (112Cal)
Protein (g)	17.1g	2.9g
Fat, total (g)	35.9g	6.1g
- saturated (g)	19.6g	3.4g
Carbohydrate (g)	61.5g	10.5g
- sugars (g)	18g	3.1g
Sodium (mg)	2239mg	383mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3498kJ (836Cal)	470kJ (112Cal)
Protein (g)	49.6g	6.7g
Fat, total (g)	41.6g	5.6g
- saturated (g)	21.3g	2.9g
Carbohydrate (g)	61.5g	8.3g
- sugars (g)	18g	2.4g
Sodium (mg)	2337mg	314mg

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 **baby broccoli** then slice in half lengthways. Zest **lemon** to get a pinch, then cut into wedges. Drain **baby corn spears** (see ingredients).

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



Add the veggies & noodles

- Add **baby broccoli** and **baby corn** 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 **lemon 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 **lemon zest** and cook, stirring, until fragrant, **1 minute**.
- Add **coconut milk**, **vegetable stock powder** and the **water**. Stir to combine and bring to a simmer.

Custom Recipe: Cook chicken with the carrot until browned and cooked through, 5-6 minutes. Continue with step as above.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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