



# Thai Red Coconut & Veggie Noodle Soup

with Crushed Peanuts & Coriander

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Bamboo Shoots



Asian Greens



Udon Noodles



Mild Thai Red Curry Paste



Coconut Milk



Vegetable Stock Powder



Crushed Peanuts



Coriander



Chicken Breast

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



Eat Me Early\*  
\*Custom Recipe only



Calorie Smart\*  
\*Custom recipe is not Calorie Smart

This fast one-pot noodle soup is a delicious and easy way to switch up your dinner! Red curry paste and udon noodles are the key players, while a sprinkling of 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, Brown Sugar, 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

Medium saucepan · Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
bamboo shoots	½ tin	1 tin
Asian greens	1 bunch	2 bunches
udon noodles	1 packet	2 packets
mild Thai red curry paste	½ packet	1 packet
coconut milk	1 tin (165ml)	1 tin (400ml)
vegetable stock powder	1 medium sachet	1 large sachet
<b>water*</b>	1½ cups	3 cups
<b>brown sugar*</b>	2 tsp	4 tsp
<b>soy sauce*</b>	1 tbs	2 tbs
crushed peanuts	1 packet	2 packets
coriander	1 bag	1 bag
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2677kJ (640Cal)	464kJ (111Cal)
Protein (g)	17.8g	3.1g
Fat, total (g)	32.9g	5.7g
- saturated (g)	15.7g	2.7g
Carbohydrate (g)	59.8g	10.4g
- sugars (g)	17.1g	3g
Sodium (mg)	2632mg	456mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3436kJ (821Cal)	466kJ (111Cal)
Protein (g)	50.2g	6.8g
Fat, total (g)	38.6g	5.2g
- saturated (g)	17.3g	2.3g
Carbohydrate (g)	59.8g	8.1g
- sugars (g)	17.1g	2.3g
Sodium (mg)	2730mg	370mg

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

## We're here to help!

Scan here if you have any questions or concerns

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## Get prepped

- Boil the kettle. Thinly slice **carrot** into half-moons. Drain and rinse **bamboo shoots** (see ingredients). Roughly chop **Asian greens**.

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



## Make the soup

- SPICY!** The curry paste is spicy, use less if you're sensitive to heat.
- Meanwhile, heat a large saucepan over medium-high heat with a drizzle of **olive oil**.
- Cook **carrot**, stirring, until softened, **3-4 minutes**. Add **mild Thai red curry paste** and cook until fragrant, **1 minute**.
- Add **coconut milk**, **vegetable stock powder** and the **water**. Stir to combine and bring to a simmer, cook until slightly reduced, **3-4 minutes**.
- Add cooked **udon noodles**, **Asian greens**, **bamboo shoots**, **brown sugar soy sauce** and a good squeeze of **lemon juice**, stirring until wilted, **1 minute**.

**Custom Recipe:** Before cooking the carrot, heat saucepan as above. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl. Continue with step. Return cooked chicken to the pan along with the udon noodles.



## Cook the noodles

- Half-fill a medium saucepan with boiling water.
- Cook **udon noodles** over medium-high heat until tender, **3-4 minutes**.
- In last **minute** of cook time, gently stir **noodles** with a fork to separate. Drain, rinse and set aside.



## Serve up

- Divide Thai red coconut and veggie noodle soup between bowls.
- Sprinkle over **crushed peanuts** and tear over **coriander** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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