



Veggie Laksa Soup

with Mushrooms, Bell Pepper and Cashews

Classic 25-30 Minutes • Medium Spice • 2 of your 5 a day

41



Closed Cup Mushrooms



Bell Pepper



Lime



Egg Noodle Nest



Thai Style Spice Blend



Ginger, Garlic & Lemongrass Puree



Coconut Milk



Vegetable Stock Paste



Peanut Butter



Cashew Nuts



Soy Sauce



King Prawns

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, fine grater, sieve and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Closed Cup Mushrooms**	150g	225g	300g
Bell Pepper***	1	1	2
Lime**	½	1	1
Egg Noodle Nest 8 13	125g	187g	250g
Thai Style Spice Blend 3	1 sachet	1 sachet	2 sachets
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10	10g	15g	20g
Peanut Butter 1	30g	45g	60g
Cashew Nuts 2	25g	50g	50g
Soy Sauce 11 13	25ml	25ml	50ml
King Prawns** 5	225g	225g	450g
Pantry	2P	3P	4P
Water for the Soup*	300ml	450ml	600ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	528g	100g	641g	100g
Energy (kJ/kcal)	2651/634	502/120	2981/712	465/111
Fat (g)	33.6	6.4	34.7	5.4
Sat. Fat (g)	19.3	3.7	19.7	3.1
Carbohydrate (g)	62.1	11.8	62.1	9.7
Sugars (g)	8.2	1.5	8.2	1.3
Protein (g)	20.7	3.9	38.3	6.0
Salt (g)	5.32	1.01	6.67	1.04

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **2)** Nuts **3)** Sesame **5)** Crustaceans **8)** Egg
10) Celery **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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Prep Time

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **noodles**.

Meanwhile, **quarter** the **mushrooms**. Halve the **bell pepper** and discard the core and seeds. Chop into 2cm pieces. Zest and halve the **lime** (see ingredients for amount).

Once boiling, add the **noodles** to the **water** and cook until tender, 4 mins. Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Crush the Cashews

Meanwhile, crush the **cashews** in the unopened sachet using a rolling pin.



Build the Flavour

Pop the (now empty) saucepan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **mushrooms** and **sliced pepper**. Stir and cook until the **veg** is starting to soften, 2-3 mins.

Stir in the **Thai style spice blend** (add less if you'd prefer things milder) and **ginger, garlic & lemongrass puree**. Fry until fragrant, 30 secs.

CUSTOM RECIPE

If you've chosen to add **king prawns** to your meal, drain them, then add them to the pan with the **veg**. Continue as instructed, the **prawns** will cook through while simmering. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.



Ooodles of Noodles

When the **veg** has softened, stir the **cooked noodles** into the **laksa** and heat through until piping hot, 1 min.

Add a splash of **water** if it's a little too thick.

Stir in the **soy sauce**, some **lime juice** and **lime zest**. Taste and add more **lime juice** and **salt** if needed.



Simmer your Laksa

Once the **spices** are fragrant, stir in the **coconut milk**, **veg stock paste** and **water for the soup** (see pantry for amount).

Bring to a boil, then lower the heat and stir in the **peanut butter** until well combined. Simmer gently until the **veg** has softened, 3-4 mins.



Serve

Share the **laksa** between your bowls and finish with a sprinkle of **cashews** over the top.

Enjoy!