



Yellow Thai Style Veggie Noodle Soup

with Pak Choi and Tenderstem®

18

Quick 20 Minutes • **Medium Spice** • 1 of your 5 a day



Pak Choi



Tenderstem® Broccoli



Lime



Egg Noodle Nest



Thai Style Spice Blend



Yellow Thai Style Paste



Peanut Butter



Coconut Milk



Soy Sauce



King Prawns

Pantry Items

Oil, Salt, Pepper, Sugar

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

Kettle, fine grater, saucepan and sieve.

Ingredients

Ingredients	2P	3P	4P
Pak Choi**	1	2	2
Tenderstem® Broccoli**	80g	150g	150g
Lime**	1	1	2
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Yellow Thai Style Paste	45g	67g	90g
Peanut Butter 1)	30g	45g	60g
Coconut Milk	200ml	300ml	400ml
Soy Sauce 11) 13)	25ml	40ml	50ml
King Prawns** 5)	150g	225g	300g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Soup*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	438g	100g	513g	100g
Energy (kJ/kcal)	2671 / 638	611 / 146	2837 / 678	554 / 132
Fat (g)	34.3	7.8	34.7	6.8
Sat. Fat (g)	21.6	4.9	21.8	4.2
Carbohydrate (g)	62.1	14.2	62.1	12.1
Sugars (g)	8.4	1.9	8.4	1.6
Protein (g)	20.2	4.6	29.1	5.7
Salt (g)	4.68	1.07	5.70	1.11

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).


Allergens

1) Peanut **3)** Sesame **5)** Crustaceans **8)** Egg **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. Be careful when adding water to hot pans while cooking. Be careful when adding water to hot pans while cooking.

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

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Get Prepped

- Boil a full kettle.
- Trim the **pak choi**, then thinly slice widthways. Halve the **Tenderstem® broccoli** widthways.
- Zest and cut the **lime** into wedges.



Add the Pak Choi

- Add the **pak choi** to your **soup**.
- Stir and cook until **pak choi** is tender, 2-3 mins.



Cook the Noodles and Veg

- Pour the **boiled water** from your kettle into a saucepan with $\frac{1}{2}$ **tsp salt** and bring back to the boil.
- When boiling, add the **noodles** and **broccoli**. Cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.
- Meanwhile, heat a drizzle of **oil** in another large saucepan on medium-high heat.



Combine and Stir

- Once the **pak choi** is cooked, add the **cooked noodles** and **broccoli** to the **soup**.
- Bring up to the boil again, then immediately remove from the heat. **TIP:** Add a splash of water if it's a little too thick - you want a soupy consistency!
- Stir in the **soy sauce** and squeeze in some **lime juice** from a **lime wedge**.
- Taste and add more **salt**, **sugar** and **lime juice** if needed.

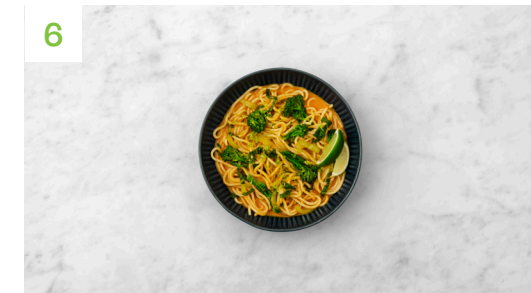


Soup Up

- Once the **oil** is hot, add the **Thai style spice blend** (add less if you'd prefer things milder) and **yellow Thai style paste**. Stir-fry for 30 secs.
- Stir in the **peanut butter** and **coconut milk**. Mix well until combined.
- Add in the **sugar** and **water for the soup** (see pantry for both amounts). Bring to the boil, then lower the heat and stir until everything's well combined.

CUSTOM RECIPE

If you're adding **prawns**, drain them, then add them to the pan before the **spices**. Stir-fry, 4-5 mins, then add the **spices** and continue as instructed. The **prawns** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



Serve Up

- Share the **noodle soup** between your bowls.
- Sprinkle over the **lime zest** to finish.
- Garnish with any remaining **lime wedges**.

Enjoy!