

Veggie Red Thai Style Noodle Soup

with Soy Mushrooms, Baby Corn and Green Beans

48

Classic 25-30 Minutes • **Medium Spice** • 1 of your 5 a day • Veggie



Baby Corn



Green Beans



Portobello Mushrooms



Soy Sauce



Thai Style Spice Blend



Red Thai Style Paste



Ground Turmeric



Coconut Milk



Vegetable Stock Paste



Egg Noodle Nest



Red chillies give Thai Red its signature colour, as well as its flavour and heat! Here, our Veggie Red Thai Style Noodle Soup is loaded with veg and egg noodles in a curried coconut milk base.

Pantry Items

Oil, Salt, Pepper, Honey, Sugar

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

Frying pan, baking tray, baking paper and saucepan.

Ingredients

Ingredients	2P	3P	4P
Baby Corn**	60g	90g	120g
Green Beans**	80g	150g	160g
Portobello Mushrooms**	2	3	4
Soy Sauce 11 13	15ml	25ml	30ml
Red Thai Style Paste	50g	75g	100g
Thai Style Spice Blend	1 sachet	1 sachet	2 sachets
Ground Turmeric	1 sachet	1½ sachets	2 sachets
Coconut Milk	180ml	250ml	360ml
Vegetable Stock Paste	10g	15g	20g
Egg Noodle Nest 8 13	125g	187g	250g

Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Soup*	500ml	750ml	1000ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	598g	100g
Energy (kJ/kcal)	2169 /518	363 /87
Fat (g)	21.6	3.6
Sat. Fat (g)	14.4	2.4
Carbohydrate (g)	64.9	10.9
Sugars (g)	15.2	2.5
Protein (g)	14.1	2.4
Salt (g)	4.52	0.76

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

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, mollusc, 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.

Contact

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Prep the Veg

Halve the **baby corn** lengthways.

Trim the **green beans**, then cut into thirds.

Remove the stems from the **portobello mushrooms** (but leave the mushrooms whole).



Mushroom Time

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, fry the **mushrooms** until golden brown, 4-5 mins, then turn over and cook for a further 4-5 mins.

Pour over the **soy sauce** and fry for 1 min more until the **mushrooms** have soaked up some of the **soy sauce**.

Transfer them, stem-side up, to a lined baking tray. Drizzle over the **honey** (see pantry for amount). Bake on the top shelf of your oven until softened, 8-10 mins.



Start your Soup

Meanwhile, heat a drizzle of **oil** in a large saucepan on medium heat.

Add the **red Thai style paste**, **Thai style spice blend** (add less if you'd prefer things milder) and **turmeric**. Fry until fragrant, stirring occasionally, 2 mins.



Simmer and Stir

Add the **coconut milk**, **vegetable stock paste**, **sugar** and the **water for the soup** (see pantry for both amounts). Stir to combine.

Bring to the boil, then add the **baby corn** and **green beans**.

Simmer for 1-2 mins. Season with **salt** and **pepper**.



Add the Noodles

Once the **soup** has simmered, add the **noodles** and cook until tender, 4 mins. Season with **salt** and **pepper**. Add a splash of **water** to loosen if needed.

When the **mushrooms** are cooked, carefully drain off any excess liquid, then slice widthways into 1cm slices.



Serve Up

Share the **Thai style noodle soup** between your bowls and top with the **soy mushrooms**.

Enjoy!