

# Thai Inspired Butternut and Coconut Soup

## with Kale and Garlic Butter Naan

Classic 35-40 Minutes • Medium Spice • 2 of your 5 a day



### Recipe Update

Due to challenges with our supplier, you'll receive **chopped kale** instead of **baby spinach**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

- Butternut Squash
- Thai Style Spice Blend
- Garlic Clove
- Onion
- Lime
- Ginger Puree
- Yellow Thai Style Paste
- Coconut Milk
- Vegetable Stock Paste
- Plain Naans
- Chopped Kale
- King Prawns

**Pantry Items**  
Oil, Salt, Pepper, Sugar, Butter

### + Add King Prawns

If you chose to add king prawns, then just follow the instructions on the back of this card.  
Happy cooking!

Turmeric in combination with red chillies help make Thai Yellow different from the other colours of curry in Thai cuisine, resulting in a milder sauce. Here, our Thai Inspired Butternut and Coconut Soup heroes the veg.





## 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

Baking tray, garlic press and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Butternut Squash	1	1	1
Thai Style Spice Blend	1 sachet	1 sachet	2 sachets
Garlic Clove**	3	4	5
Onion	1	1	2
Lime**	½	1	1
Ginger Puree	15g	22g	30g
Yellow Thai Style Paste	45g	67g	90g
Coconut Milk	180ml	250ml	360ml
Vegetable Stock Paste	10g	15g	20g
Plain Naans <b>7) 13)</b>	2	3	4
Chopped Kale**	100g	150g	200g
King Prawns** 5)	150g	225g	300g

Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Soup*	250ml	375ml	500ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	839g	100g	914g	100g
Energy (kJ/kcal)	3493 / 835	416 / 99	3684 / 881	403 / 96
Fat (g)	37.7	4.5	38.1	4.2
Sat. Fat (g)	19.9	2.4	20.1	2.2
Carbohydrate (g)	102.6	12.2	102.6	11.2
Sugars (g)	24.7	2.9	24.7	2.7
Protein (g)	20.5	2.4	31.0	3.4
Salt (g)	3.69	0.44	4.70	0.51

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

## Allergens

**5)** Crustaceans **7) Milk 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.

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60 Worship St, London EC2A 2EZ



## Roast the Butternut

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 1cm chunks.

Pop onto a large baking tray. Drizzle with **oil**, sprinkle over the **Thai style spice blend** (add less if you'd prefer things milder), season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden and cooked through, 25-30 mins. Turn halfway through.



## Bring on the Soup

Pour the **coconut milk**, **veg stock paste**, **sugar** and **water for the soup** (see pantry for both amounts) into the pan.

Bring to the boil, then lower the heat to medium and simmer until starting to thicken, 8-10 mins.

Taste and season with **salt** and **pepper**.

### + Add King Prawns

If you're adding **prawns**, drain them, then stir into the **soup** halfway through cooking. Cook, 5-6 mins. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.

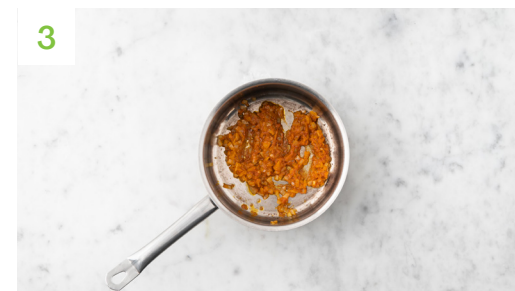


## Prep Time

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Halve, peel and chop the **onion** into small pieces.

Cut the **lime** into wedges (see ingredients for amount).

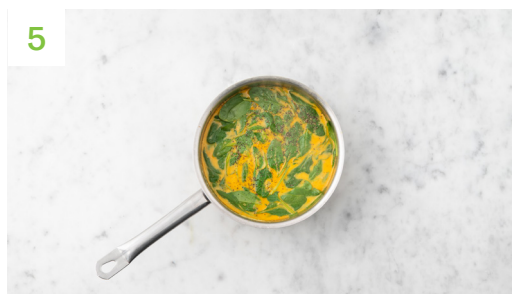


## Fry the Spices

Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **onion** and fry until softened, 4-5 mins.

Stir in the **ginger puree**, **yellow Thai style paste** and **half** the **garlic**. Cook until fragrant, 1 min.



## Add the Squash

While the **soup** simmers, pop the **naans** onto a baking tray. Sprinkle with a little **water**, spread over the **butter** (see pantry for amount) and remaining **garlic** and pop them into the oven to warm through, 2-3 mins.

Once roasted, add the **butternut** to the **soup**, then stir in the **kale** and cook until tender and wilted, 5-6 mins.

Add a squeeze of **lime juice** from a **lime wedge**, then taste and add more **salt**, **pepper** and **lime juice** if needed.



## Serve

Share the **butternut and coconut soup** out between your bowls.

Serve with the **garlic butter naan** and any remaining **lime wedges** alongside.

## Enjoy!