



Veggie Laksa Soup

with Mushrooms and Bell Pepper

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

20



Egg Noodle Nest



Closed Cup Mushrooms



Bell Pepper



Lime



Thai Style Spice Blend



Ginger, Garlic & Lemongrass Puree



Coconut Milk



Vegetable Stock Paste



Peanut Butter



Soy Sauce

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, fine grater and sieve.

Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest 8 13	2 nests	3 nests	4 nests
Closed Cup Mushrooms**	150g	225g	300g
Bell Pepper ***	1	1	2
Lime**	½	1	1
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
Soy Sauce 11 13	25ml	25ml	50ml

Pantry	2P	3P	4P
Water for the Sauce*	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 for uncooked ingredient	Per serving	Per 100
Energy (kJ/kcal)	2379 /569	617 /147
Fat (g)	27.6	7.2
Sat. Fat (g)	17.9	4.6
Carbohydrate (g)	61.1	15.9
Sugars (g)	8.2	2.1
Protein (g)	18.6	4.8
Salt (g)	5.15	1.34

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

Allergens

1) Peanut **3)** Sesame **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, 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.


Contact

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1 Prep Time

Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **noodles**.

Meanwhile, quarter the **mushrooms**. Halve the **pepper** and discard the core and seeds. Chop into 2cm pieces.

Zest and halve the **lime**.



2 Cook the Noodles

When your pan of **water** is boiling, add the **noodles** to the **water**.

Cook until tender, 4 mins, then drain in a sieve and run under **cold water** to stop them sticking together.



3 Build the Flavour

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

When hot, add the **mushrooms** and **pepper**. Stir and cook until softened, 2-3 mins.

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



4 Simmer your Laksa

Stir in the **coconut milk, vegetable stock paste** and **water for the sauce** (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.



5 Add the 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.



6 Season and Serve

Stir in the **soy sauce** and **lime zest**, then add **lime juice** and **salt** to taste.

Share the **veggie laksa** between your bowls.

Enjoy!