



Red Thai Style Udon Noodle Soup

with Pak Choi and Mushrooms

23

Calorie Smart 30-35 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories



Garlic Clove



Pak Choi



Green Beans



Lime



Sliced Mushrooms



Red Thai Style Paste



Thai Style Spice Blend



Coconut Milk



Soy Sauce



Udon Noodles



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

Garlic press, fine grater and saucepan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Pak Choi**	1	1½	2
Green Beans**	80g	120g	160g
Lime**	1	1½	2
Sliced Mushrooms**	120g	180g	240g
Red Thai Style Paste	75g	125g	150g
Thai Style Spice Blend 3	1 sachet	1 sachet	2 sachets
Coconut Milk	200ml	300ml	400ml
Soy Sauce 11 13	25ml	40ml	50ml
Udon Noodles 13	220g	330g	440g
King Prawns* 5	150g	225g	300g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Soup*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	575g	100g	650g	100g
Energy (kJ/kcal)	2090 / 500	364 / 87	2257 / 539	347 / 83
Fat (g)	28.8	5.0	29.2	4.5
Sat. Fat (g)	20.0	3.5	20.2	3.1
Carbohydrate (g)	48.1	8.4	48.1	7.4
Sugars (g)	9.5	1.7	9.5	1.5
Protein (g)	13.4	2.3	22.3	3.4
Salt (g)	4.71	0.82	5.72	0.88

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

3) Sesame **5**) Crustaceans **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.

Contact

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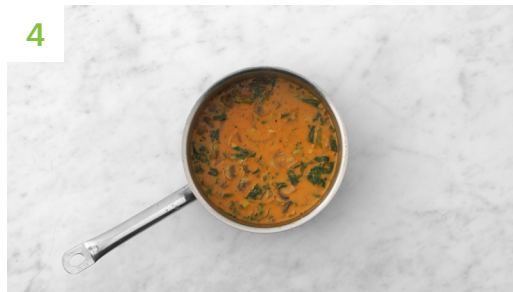


Start the Prep

Peel and grate the **garlic** (or use a garlic press).

Trim the **pak choi**, then thinly slice widthways. Trim and halve the **green beans**.

Zest and halve the **lime**.



Simmer the Soup

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

Bring to the boil, then add the **green beans** and the **pak choi**. Simmer until just tender, 4-6 mins.



Fry the Mushrooms

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

Once hot, add the **mushrooms** to the pan and fry, stirring occasionally, until browned, 5-6 mins.

CUSTOM RECIPE

If you're adding **prawns**, drain them, then add to the pan halfway through cooking the **mushrooms**. Fry, 2-3 mins, then 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.



Cook the Noodles

Add the **udon noodles** to the **soup** and cook, using a fork to gently separate them, until warmed through, 2-3 mins.

Remove the pan from the heat. Stir in the **lime zest** and **half the lime juice**.

Taste the **soup** and add more **salt**, **pepper**, **lime juice** and **sugar** if needed.



Bring the Flavour

Stir the **red Thai style paste**, **Thai style spice blend** (add less if you'd prefer things milder) and **garlic** into the **mushrooms**.

Stir-fry for 1 min.



Serve

Share the **udon noodle soup** between your bowls.

Cut any remaining **lime** into wedges for squeezing over.

Enjoy!