



Thai Style Red Coconut Noodle Soup

with Aubergine, Bok Choy and Peanuts

Classic 35 Minutes • Little Spice • 2 of your 5 a day • Veggie

21



Aubergine



Salted Peanuts



Bok Choy



Honey



Ground Coriander



Red Thai Style Curry Paste



Coconut Milk



Vegetable Stock Paste



Peanut Butter



Lime
Egg Noodle Nest



Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Saucepan, Zester and Bowl.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Salted Peanuts 1)	25g	32g	40g
Bok Choy**	1	2	2
Honey	1 sachet	2 sachets	2 sachets
Ground Coriander	1 sachet	1 sachet	2 sachets
Red Thai Style Curry Paste	50g	75g	100g
Coconut Milk	200ml	300ml	400ml
Water for the Sauce*	400ml	600ml	800ml
Vegetable Stock Paste 10)	10g	15g	20g
Peanut Butter 1)	1 sachet	2 sachets	2 sachets
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Lime**	1	1	1

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	490g	100g
Energy (kJ/kcal)	2349/561	479/114
Fat (g)	37	8
Sat. Fat (g)	18	4
Carbohydrate (g)	40	8
Sugars (g)	15	3
Protein (g)	16	3
Salt (g)	4.23	0.86

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe


You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



1



Prep

Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Roughly chop the **peanuts**. Trim the **bok choy** then separate the leaves. Slice each leaf lengthways into halves.

2



Roast the Aubergine

Pop the **aubergine** onto a baking tray. Drizzle with **oil** and the **honey**, then sprinkle over the **ground coriander**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. Season with **salt** and **pepper** and toss to coat. Spread out in a single layer. When the oven is hot, roast on the top shelf until the **aubergine** is soft and golden, 20-25 mins. Turn halfway through cooking.

3



Start the Soup

Heat a drizzle of **oil** in a medium saucepan on medium-high heat. When hot, add the **red Thai curry paste** and stir-fry until fragrant, 1 min. Add the **coconut milk**, **water for the sauce** (see ingredients for amount), **vegetable stock paste** and **peanut butter**. Bring to a boil then lower the temperature and simmer for 10 mins.

4



Add the Noodles

While the **soup** simmers, zest and halve the **lime**. Once it has simmered for 10 minutes, add the **noodles** and the **bok choy**. Cook until tender, 4 mins. **TIP:** Add a splash of **water** if the **noodles** soak up the liquid too much.

5



Season

Taste the **noodle soup** and season with **salt**, **pepper**, **lime juice** and **zest**.

6



Time to Serve

Share the **noodle soup** between your bowls. Top with the **roasted aubergine**. Sprinkle over the **chopped peanuts** and serve with any remaining **lime wedges** alongside for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.