



Thai Style Fish Soup

with Mushrooms, Carrot and Cashews



HELLO SPRING ONION

Spring Onions are also referred to as Scallions and are actually baby onions which, if left to mature, would turn into full onions!



Red Thai Curry Paste



Lime



Eggs Noodles



Spring Onion



Closed Cup Mushrooms



Coriander



Coconut Milk



Carrot



Cashew Nut Pieces



Vegetable Stock Powder



Cod Fillet

MEAL BAG

20 mins

2 of your 5 a day

Medium heat

Rapid recipe

Our 20-minute twist on this classic Thai broth is the perfect thing for busy evenings. Delicate white fish, fresh herbs, red Thai curry paste, lime and fresh veggies are gently combined in a warming noodle soup before being topped with cashews and chopped coriander for a layer of delicious texture. Fresh, zesty, light and comforting, our Thai style fish soup is a guaranteed dinner winner.

GET **PREPARED!**

Get out your **Utensils.**

BEFORE YOU START

- 👉 Get out your **Utensils**.
- 👉 Wash the veggies.
- 👉 Make sure you've got a **Coarse Grater, Large Saucepan** and **Measuring Jug**. Let's start cooking the **Thai Style Fish Soup with Mushrooms, Carrot and Cashews**.



1 GET PREPPED

- Thinly slice the **mushrooms**. Trim the **spring onions** then slice thinly.
- Trim and coarsely grate the **carrot** (no need to peel). Roughly chop the **coriander** (stalks and all).



2 FRY THE MUSHROOMS

- Heat a splash of **oil** in a large saucepan over medium-high heat.
- When hot, add the **mushrooms** and fry until turning golden, stirring occasionally, 3-4 mins. Add more **oil** if you need to!
- Stir in the **red Thai curry paste** and the **carrot**. Cook for 1 minute.



3 START THE SOUP

- Stir the **coconut milk, water** (see ingredients for amount), **stock powder** and **sugar** (see ingredients for amount) into the saucepan.
- Bring to the boil then reduce to a simmer. Pop in the **noodle nests**, stir, and simmer for 3 mins.



4 COOK THE FISH

- Meanwhile, cut the **lime** into four wedges. Chop the **cod** into bite-sized pieces.
 - 🚫 **IMPORTANT:** Remember to wash your hands and equipment after handling raw fish!
- Add the **cod pieces** to the pan and stir in gently. Simmer for 3-5 mins until the **fish** is cooked though.
 - 🚫 **IMPORTANT:** The fish is cooked when the centre is opaque.



5 FINISH OFF

- Once the **noodles** are cooked, gently stir in **half** the **coriander** and the **juice** from **half** the **lime**.
- Season to taste with **salt** and **pepper**. Get ready to serve.



6 SERVE

- Divide the **soup** between your bowls and finish with a sprinkling of the **cashews**, the **sliced spring onion** and the rest of the **coriander**.
- Serve the remaining **lime wedges** at the side.

Enjoy!

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Closed Cup	1 small	1 large	2 small
Mushrooms *	1 punnet	1 punnet	2 punnets
Spring Onion *	1	2	2
Carrot *	1	1½	2
Coriander *	1 bunch	1 bunch	1 bunch
Red Thai Curry Paste	1 pot	1½ pots	2 pots
Coconut Milk	1 tin	1½ tins	2 tins
Water*	300ml	450ml	600ml
Vegetable Stock Powder 10)	½ sachet	¾ sachet	1 sachet
Sugar*	¼ tsp	½ tsp	½ tsp
Eggs Noodles 8) 13)	2 nests	3 nests	4 nests
Lime *	1	1½	2
Cod Fillet 4) *	2	3	4
Cashew Nut Pieces 2)	1 bag	2 bags	2 bags

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 569G	PER 100G
Energy (kJ/kcal)	3630 / 868	639 / 153
Fat (g)	49	9
Sat. Fat (g)	36	6
Carbohydrate (g)	71	12
Sugars (g)	17	3
Protein (g)	36	6
Salt (g)	3.01	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 4) Fish 8) Egg 10) Celery 13) Gluten

👉 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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