



# Vegetable Laksa Soup

with Mushrooms, Bell Pepper and Peanuts

Calorie Smart 25-30 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Egg Noodle Nest



Closed Cup Mushrooms



Bell Pepper



Lime



Thai Style Spice Blend



Ginger, Garlic & Lemongrass Puree



Coconut Milk



Vegetable Stock Paste



Peanut Butter



Salted Peanuts



Soy Sauce



King Prawns

**Pantry Items**  
Oil, Salt, Pepper

**CUSTOM RECIPE**

This is a Custom recipe. If you chose to swap, upgrade 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.

## Cooking tools

Saucepan, fine grater, colander and rolling pin.

## Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest <b>8</b> <b>13</b>	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 <b>3</b>	1 sachet	1 sachet	2 sachets
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Peanut Butter <b>1</b>	1 sachet	1½ sachets	2 sachets
Salted Peanuts <b>1</b>	25g	40g	40g
Soy Sauce <b>11</b> <b>13</b>	25ml	25ml	50ml
King Prawns** 5)	150g	225g	300g

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 100g
Energy (kJ/kcal)	398g	100g
	2684/641	674/161
Fat (g)	34.1	8.6
Sat. Fat (g)	19.1	4.8
Carbohydrate (g)	62.2	15.6
Sugars (g)	7.9	2.0
Protein (g)	21.6	5.4
Salt (g)	4.68	1.18

### Custom Recipe

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	473g	100g
	2904/694	614/147
Fat (g)	34.8	7.4
Sat. Fat (g)	19.3	4.1
Carbohydrate (g)	62.2	13.1
Sugars (g)	7.9	1.7
Protein (g)	33.3	7.1
Salt (g)	5.58	1.18

Nutrition for uncooked ingredients based on 2 person recipe.

PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

**1)** Peanut **3)** Sesame **5)** Crustaceans **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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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## 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**.

Once boiling, add the **noodles** to the **water** and bring back to the boil. Cook until tender, 4 mins. Drain in a colander and set the pan aside.

**TIP:** Run the noodles under cold water to stop them sticking together.



## Crush the Peanuts

Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin.

Scan to get your exact PersonalPoints™ value



Points based on **veggie** recipe, if you have added to **king prawns** your PersonalPoints™ value is **24-25**.



## 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.



## 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.



## Simmer your Laksa

Stir in the **coconut milk**, **veg 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.

## CUSTOM RECIPE

If you've chosen to add **king prawns** to your meal, stir in the **peanut butter**, then bring the **laksa** back to the boil. Stir in the **prawns** and simmer for 5-6 mins (instead of 3-4 mins), then continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.



## Season and Serve

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

Share the **laksa** between your bowls and finish with a sprinkle of **peanuts** over the top.

## Enjoy!