



Veggie Laksa Soup

with Mushrooms and Green Pepper



HELLO LEMONGRASS

Lemongrass can be used to both repel mosquitos and attract honey bees.



Chestnut Mushrooms



Green Pepper



Lime



Lemongrass



Thai Spice Blend



Easy Ginger



Light Coconut Milk



Vegetable Stock Powder



Salted Peanuts



Egg Noodles



Soy Sauce

MEAL BAG

15 mins

1 of your 5 a day

Very hot!



Rapid recipe



Veggie

Our Fragrant and warming, our 15-minute laksa soup is the perfect recipe for a cosy night in. Ginger, lemongrass and lime keep the flavours of this dish lovely and fresh, whilst the Thai spice gives the dish kick of heat. Finished off with a splash of soy sauce for a delicious umami richness, and topped with chopped peanuts, serve everything up in deep bowls and tuck in.

GET **PREPARED!**



Get out your **Utensils.**

BEFORE YOU START

- Get out your **Utensils**. Let's start cooking the **Veggie Laksa Soup with Mushrooms and Green Pepper**.
- Wash the veggies.
- Make sure you've got a **Fine Grater**, **Large Saucepan** and **Measuring Jug**.



1 PREP TIME

- Quarter the **mushrooms**.
- Halve the **pepper** and discard the core and seeds then chop into 2cm chunks.
- Zest then halve the **lime**. Bash the **lemongrass stick** with the bottom of a saucepan to release the flavours.



4 BASH THE PEANUTS

- Meanwhile, crush the **peanuts** by bashing the bag with the bottom of a saucepan.



2 START THE LAKSA

- Heat a splash of **oil** in a large saucepan over medium-high heat.
- When hot, add the **mushrooms**, **pepper** and **lemongrass**.
- Stir and cook for 2 mins. Add the **Thai spice blend** (beware it's hot, add less if you're not a fan of heat!) and the **easy ginger**. Cook for a 1 minute.



5 ADD THE NOODLES

- When the **veggies** are soft, stir in the **noodles**.
- Make sure they are submerged in the **laksa**. Simmer until soft enough to eat, about 4 mins. **TIP:** The noodles may soak up some of the coconutty liquid.
- If this is the case, just add a splash of **water** to get it back to a soupy consistency.



3 SIMMER THE LAKSA

- Pour in the **coconut milk** and bring to a simmer.
- Stir in the **stock powder** and **water** (see ingredients for amount).
- Simmer until the **veggies** are soft, 3-4 mins.



6 SEASON AND SERVE

- Stir in the **soy sauce** and **lime zest**. Taste and add **lime juice** and a pinch of **salt** if required. Remove and discard the **lemongrass**.
- Share between your bowls and finish with a sprinkling of **peanuts**.

Enjoy!

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Chestnut Mushrooms *	1 small punnet	1 large punnet	1 large punnet
Green Pepper *	1	1½	2
Lime *	1	1	2
Lemongrass	1 stick	1 stick	1 stick
Thai Spice Blend 3)	1 small pot	¾ large pot	1 large pot
Easy Ginger	½ sachet	¾ sachets	1 sachet
Light Coconut Milk	1 large tin	1½ large tins	2 large tins
Vegetable Stock Powder 10)	½ sachet	¾ sachet	1 sachet
Water*	100ml	150ml	200ml
Salted Peanuts 1)	1 small bag	1 large bag	1 large bag
Egg Noodles 8) 13)	2 nests	3 nests	4 nests
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 490G	PER 100G
Energy (kJ/kcal)	2071 / 495	423 / 101
Fat (g)	23	5
Sat. Fat (g)	15	3
Carbohydrate (g)	56	11
Sugars (g)	7	1
Protein (g)	17	3
Salt (g)	3.82	0.78

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 3) Sesame 8) Egg 10) Celery 11) Soya 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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