

Veggie Laksa Soup

with Mushrooms and Green Pepper





HELLO LEMONGRASS

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



Chestnut Mushrooms











Lemongrass

Thai Spice Blend





Light Coconut Milk Vegetable Stock Powder



Salted Peanuts



Egg Noodles



Soy Sauce

15 mins





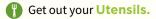




Veggie

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.







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



PREP TIME

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



2 START THE LAKSA

- a) Heat a splash of **oil** in a large saucepan over
- b) When hot, add the mushrooms, pepper
- c) 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.



SIMMER THE LAKSA

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



- medium-high heat.
- and lemongrass.

BASH THE PEANUTS

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



5 ADD THE NOODLES

- a) When the veggies are soft, stir in the noodles.
- b) 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.
- c) If this is the case, just add a splash of water to get it back to a soupy consistency.

6 SEASON AND SERVE

- a) 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.
- b) Share between your bowls and finish with a sprinkling of **peanuts**.

Eniov!

INGREDIENTS

	2P	3P	4P
Chestnut Mushrooms	1 small	1 large	1 large
*	punnet	punnet	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		
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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