

# Veggie Laksa Soup

with Boodles, Mushrooms and Green Pepper



#### **NUTRITIONIST APPROVED**



Mushrooms belong to the fungi kingdom, and are very low in calories and fat. Mushrooms are rich in B vitamins. Mushrooms are a good source of riboflavin, Pantothenic and folate.





**Butternut Squash Noodles** 















Vegetable Stock Powder







Soy Sauce



Lemongrass



Thai Spice Blend



Easy Ginger



15 mins



1.5 of your 5 a day





**Balanced** 



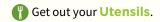
Under 550 calories



Veggie

Our delicious vegetable laksa soup is the perfect recipe for a cosy night in. Ginger, lemongrass and fresh lime keep the flavours of this dish lovely and fresh, whilst our specially blended Thai spice gives the dish a good hit of heat. To keep this dish light, we've used 'boodles' - spiralized butternut squash - instead of rice noodles. They don't need long to soften up, so combine with the sauce and let them soak up the flavours for a couple of minutes before serving everything up in deep bowls. Top with crunchy peanuts and tuck in!

# PREPARED!



👣 Get out your Utensils. 🧻 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 Boodles, Mushrooms and Green Pepper.



### **PREP TIME**

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



## 2 START THE LAKSA

- a) Heat a splash of **oil** in a large saucepan over medium-high heat.
- b) When hot, add the mushrooms, pepper and lemongrass. Stir and cook for 2 mins.
- c) 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 1 minute.



# 3 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.



#### \* Store in the Fridge **NUTRITION FOR**

Water\*

**Butternut Squash** 

Light Coconut Milk

Chestnut Mushrooms

Green Pepper \*

Vegetable Stock

Soy Sauce 11) 13)

Salted Peanuts 1)

Thai Spice Blend 3)

Lemongrass \*

Easy Ginger

\*Not Included

Powder 10)

Noodles \*

Lime \*



**INGREDIENTS** 

1 small

bag

1 tin

1

1 small

punnet

½ sachet

1

sachet

1 small

bag

1 stick

½ pot

1/2 sachet

1 medium

bag

1½ tins

1

1 large

punnet

11/2

34 sachet

1½

sachets

1 large

bag

1 stick

3/4 pot

34 sachet

1 large

bag

2 tins

2

1 large

punnet

2

1 sachet

2

sachets

1 large

bag

1 stick

1 pot

1 sachet

Nutrition for uncooked ingredients based on 2 person recipe.

1) Peanut 3) Sesame 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.

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## LAST FEW JOBS

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



# 5 ADD THE BOODLES

- a) When the veggies are soft, stir in the butternut squash noodles.
- b) Make sure they are submerged in the laksa.
- c) Simmer until they just begin to soften, stirring occasionally, 4-6 mins.



# **6** SEASON AND SERVE

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

**Enjoy!**