



# Veggie Laksa Soup

with Boodles, Mushrooms and Green Pepper



NUTRITIONIST APPROVED



## HELLO MUSHROOMS

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



Light Coconut Milk



Lime



Chestnut Mushrooms



Green Pepper



Vegetable Stock Powder



Soy Sauce



Salted Peanuts



Lemongrass



Thai Spice Blend



Easy Ginger

MEAL BAG

15 mins

1.5 of your 5 a day

Very hot

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!

GET PREPARED!

Get out your Utensils.

# BEFORE YOU START

- 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**.



## 1 PREP TIME

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



## 4 LAST FEW JOBS

- 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 1 minute.



## 5 ADD THE BOODLES

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



## 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** if required. Add a pinch of **salt** if it needs it.
- Remove and discard the **lemongrass**.
- Share between your bowls and finish with a sprinkling of **peanuts**.

Enjoy!

# 2 - 4 PEOPLE INGREDIENTS

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

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 600G	PER 100G
Energy (kJ/kcal)	1412 / 338	235 / 56
Fat (g)	23	4
Sat. Fat (g)	12	2
Carbohydrate (g)	24	4
Sugars (g)	14	2
Protein (g)	10	2
Salt (g)	2.97	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

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.

### THUMBS UP OR THUMBS DOWN?

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HelloFresh UK

The Fresh Farm  
60 Worship St, London EC2A 2EZ

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