



Veggie Laksa Soup

with Mushrooms and Green Pepper

Rapid 15 Minutes • Very Hot! • 1 of your 5 a day • Veggie

16



Closed Cup Mushrooms



Green Pepper



Lime



Thai Spice



Ginger Purée



Coconut Milk



Vegetable Stock Powder



Peanut Butter



Salted Peanuts



Egg Noodle Nests



Soy Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Chopping Board, Sharp Knife and Saucepan.

Ingredient

	2P	3P	4P
Closed Cup Mushrooms**	1 small punnet	1 large punnet	1 large punnet
Green Pepper**	1	1	2
Lime**	½	1	1
Thai Spice 3)	1 small pot	¾ large pot	1 large pot
Ginger Purée	½ sachet	¾ sachet	1 sachet
Coconut Milk	400ml	600ml	800ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	150ml	225ml	300ml
Peanut Butter 1)	1 sachet	1½ sachets	2 sachets
Salted Peanuts 1)	1 small pot	1 large pot	1 large pot
Egg Noodle Nests 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

	Per serving	Per 100g
for uncooked ingredient	479g	100g
Energy (kJ/kcal)	3584 /857	748 /179
Fat (g)	56	12
Sat. Fat (g)	36	8
Carbohydrate (g)	68	14
Sugars (g)	11	2
Protein (g)	23	5
Salt (g)	2.77	0.58

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 3) Sesame 8) Egg 10) Celery 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Prep Time

- Quarter the **mushrooms**.
- Halve the **pepper** and discard the core and seeds. Chop into 2cm pieces.
- Zest then halve the **lime**.



Crush the Peanuts

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



Start the Laksa

- Heat a splash of **oil** in a large saucepan over medium-high heat.
- When hot, add the **mushroom** and **pepper**. Stir and cook until softened, 2-3 mins.
- Add the **Thai spice** (beware it's hot, add half if you're not a fan of heat!) and the **ginger purée**. Cook for 1 minute.



Add the Noodles

- When the **veggies** are soft, stir in the **noodles**, making 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.



Simmer the Laksa

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



Season and Serve

- Stir in the **soy sauce** and **lime zest**.
- Taste and add **lime juice** and **salt** to taste.
- Share between your bowls and finish with a sprinkle of **peanuts**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.