



Veggie Laksa Soup with Mushrooms and Pepper

Classic 25 Minutes • Medium Spice • 1 of your 5 a day

19



Closed Cup Mushrooms



Bell Pepper



Lime



Spring Onion



Lemongrass



Ginger Puree



Thai Style Spice Blend



Coconut Milk



Vegetable Stock Paste



Peanut Butter



Salted Peanuts



Egg Noodle Nest



Soy Sauce



King Prawns



CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools, you will need:

Zester and Saucepan.

Ingredients

	2P	3P	4P
Closed Cup Mushrooms**	150g	225g	300g
Bell Pepper***	1	1	2
Lime**	½	1	1
Spring Onion**	1	1½	2
Lemongrass**	1	1	2
Ginger Puree	½ sachet	¾ sachet	1 sachet
Thai Style Spice Blend 3	1 pot	1 pot	1 pot
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10	10g	15g	20g
Water for the Sauce*	300ml	450ml	600ml
Peanut Butter 1	1 pot	1½ pots	2 pots
Salted Peanuts 1	25g	40g	40g
Egg Noodle Nest 8 13	2 nests	3 nests	4 nests
Soy Sauce 11 13	25ml	25ml	50ml
King Prawns** 5	150g	225g	300g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	406g	100g
Energy (kJ/kcal)	2006/479	494/118
Fat (g)	32	8
Sat. Fat (g)	17	4
Carbohydrate (g)	33	8
Sugars (g)	8	2
Protein (g)	15	4
Salt (g)	3.73	0.92
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	481g	100g
Energy (kJ/kcal)	2225/532	463/111
Fat (g)	33	7
Sat. Fat (g)	17	4
Carbohydrate (g)	33	7
Sugars (g)	8	2
Protein (g)	27	6
Salt (g)	4.63	0.96

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 3) Sesame 5) Crustaceans 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.

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The Fresh Farm

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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**. Trim and thinly slice the **spring onion**. Bash the **lemongrass** stick with a saucepan to release the flavours.



Chop the Peanuts

Meanwhile, roughly chop the **peanuts**.



Build the Flavour

Heat a splash of **oil** in a large saucepan over medium-high heat. When hot, add the **mushrooms, pepper** and **lemongrass**. Stir and cook until softened, 2-3 mins. Add the **ginger puree** and **Thai style spice blend**. Cook for 1 min. **TIP:** Add less spice if you don't like too much heat.



Add the Noodles

When the **veggies** are soft, stir in the **noodles**. Make sure they are submerged in the **laksa**. Simmer until tender, 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.



CUSTOM RECIPE

If you've added **prawns** to your meal, add to the pan at the same time as the **noodles** and cook for the same amount of time. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle. Wash your hands after handling raw prawns and their packaging.



Simmer the Laksa

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



Season and Serve

Remove and discard the **lemongrass**. Stir in the **soy sauce** and **lime zest**, then add **lime juice** and **salt** to taste. Share between your bowls and finish with a sprinkle of **peanuts** and **spring onion**.

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.