



Vegetable Laksa Soup with Mushrooms and Pepper

Classic 25-30 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!
Wash your hands before and after prep.

Cooking tools

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 sachet	1 sachet	2 sachets
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Water for the Sauce*	300ml	450ml	600ml
Peanut Butter 1)	1 sachet	1½ sachets	2 sachets
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	340g

*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	408g	100g
Energy (kJ/kcal)	2697 /645	662 /158
Fat (g)	34	8
Sat. Fat (g)	19	5
Carbohydrate (g)	64	16
Sugars (g)	8	2
Protein (g)	22	5
Salt (g)	4.21	1.03
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	483g	100g
Energy (kJ/kcal)	2917 /697	604 /144
Fat (g)	34	7
Sat. Fat (g)	19	4
Carbohydrate (g)	64	13
Sugars (g)	8	2
Protein (g)	34	7
Salt (g)	5.11	1.06

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 3) Sesame 5) Crustaceans 8) Egg 10) Celery 11) Soya 13) Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites. Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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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 Chop

Meanwhile, roughly chop the **peanuts**.



Build the Flavour

Heat a splash of **oil** in a large saucepan on medium-high heat. When hot, add the **mushrooms, pepper** and **lemongrass** (you'll remove it later). 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 **king prawns** to your meal, add them to the pan at the same time as your **noodles**. **IMPORTANT:** Wash your hands and equipment after handling raw **prawns**. The prawns are cooked when pink on the outside and opaque in the middle.



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 the **laksa soup** between your bowls and finish with a sprinkle of **peanuts** and **spring onion**.

Enjoy!