











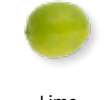
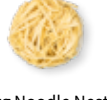
Yellow Thai Style Coconut Noodle Soup

with Aubergine, Pak Choi and Peanuts

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Classic 25-30 Minutes • Mild Spice • 2 of your 5 a day • Veggie



-  Aubergine
-  Salted Peanuts
-  Pak Choi
-  Indonesian Style Spice Mix
-  Yellow Thai Style Paste
-  Coconut Milk
-  Vegetable Stock Paste
-  Peanut Butter
-  Lime
-  Egg Noodle Nest

Pantry Items
Honey

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, measuring jug and fine grater.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Salted Peanuts 1)	25g	32g	40g
Pak Choi**	1	2	2
Honey*	1 tbsp	2 tbsp	2 tbsp
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Yellow Thai Style Paste	2 sachets	3 sachets	4 sachets
Coconut Milk	200ml	400ml	400ml
Water for the Sauce*	450ml	675ml	900ml
Vegetable Stock Paste 10)	10g	15g	20g
Peanut Butter 1)	1 sachet	2 sachets	2 sachets
Lime	1	1	1
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	511g	100g
Energy (kJ/kcal)	3137/750	614/147
Fat (g)	40	8
Sat. Fat (g)	19	4
Carbohydrate (g)	74	14
Sugars (g)	16	3
Protein (g)	22	4
Salt (g)	4.06	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 10) Celery 13) Cereals containing 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.

Contact

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Prep Time

Preheat your oven to 220°C/200°C fan/gas mark 7. Trim the aubergine then halve lengthways. Chop each half into four long strips, then chop widthways into roughly 2cm pieces. Roughly chop the peanuts. Trim the **pak choi** then separate the leaves. Slice each leaf lengthways into halves.



Add the Noodles

While the **soup** simmers, zest and halve the **lime**. Once it has simmered for 10 mins, add the **noodles** and the **pak choi**. Cook until tender, 4 mins. **TIP:** Add more water if the noodles soak up the liquid too much. Meanwhile, zest and halve the **lime**.



Roast the Aubergine

Pop the **aubergine** onto a baking tray. Drizzle with **oil** and the **honey** (see ingredients for amount), then sprinkle over the **Indonesian style spice mix**. Season with **salt** and **pepper** and toss to coat. Spread out in a single layer. When the oven is hot, roast on the top shelf until the **aubergine** is soft and golden, 20-25 mins. Turn halfway through.



Season

Taste the **noodle soup** and season with **salt**, **pepper** and the **juice** and **zest** of **half** the **lime**.



Start the Soup

Meanwhile, heat a drizzle of **oil** in a medium saucepan on medium-high heat. When hot, add the **yellow Thai style paste** and stir-fry until fragrant, 1 min. Add the **coconut milk**, **water for the sauce** (see ingredients for amount), **vegetable stock paste** and **peanut butter**. Bring to a boil, then lower the heat and simmer for 10 mins.



Time to Serve

Share the **noodle soup** between your bowls. Top with the **roasted aubergine**. Sprinkle over the **chopped peanuts** and serve with any remaining **lime** chopped into **wedges** for squeezing over.

Enjoy!