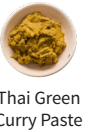
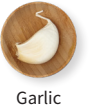




Green Curry Veggie & Noodle Soup

with Crushed Peanuts

Grab your Meal Kit
with this symbol



Hands-on: **20-30** mins
Ready in: **25-35** mins

Plant Based

Spicy (optional
long red chilli)

Fast, fresh and full of bold Thai flavours, switch things up for dinner with this one-pan meal. Our green curry paste is the key player, and the flat noodles are perfect for slurping up all the coconutty goodness.

Pantry items

Olive Oil, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Deep frying pan or large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
garlic	1 clove	2 cloves
green beans	1 small bag	1 medium bag
Asian greens	1 bag	2 bags
makrut lime leaves	2 leaves	4 leaves
Thai green curry paste	½ tin	1 tin
coconut milk	1 large tin	2 large tins
water*	¾ cup	1 ½ cups
vegetable stock powder	1 medium sachet	1 large sachet
flat noodles	1 packet	2 packets
soy sauce*	1 tbs	2 tbs
long red chilli (optional)	½	1
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3100kJ (740Cal)	509kJ (121Cal)
Protein (g)	12.8g	2.1g
Fat, total (g)	49.8g	8.2g
- saturated (g)	33g	5.4g
Carbohydrate (g)	57.5g	9.4g
- sugars (g)	12.3g	2g
Sodium (mg)	1635mg	269mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped

- Finely chop **carrot**. Finely chop **garlic**. Trim **green beans** and cut into thirds. Roughly chop **Asian greens**.
- Thinly slice **makrut lime leaves**.

TIP: Makrut lime leaves have a fibrous texture, so make sure you slice them very thinly!

3



Finish the soup

- Add **green beans** and **flat noodles** to the soup. Cook until beans and noodles are tender, **3-4 minutes**.
- Stir the **Asian greens** through and cook until wilted, **2-3 minutes**.
- Add the **soy sauce**, stirring to combine. Season to taste, then remove from heat.

2



Start the soup

- In a deep frying pan or large saucepan, heat a drizzle of **olive oil** over a medium-high heat.
- **SPICY!** The curry paste is spicy, use less if you're sensitive to heat. Cook **carrot**, stirring, until softened, **3-4 minutes**. Add **Thai green curry paste** (see ingredients) and **garlic** and cook, stirring, until fragrant, **1 minute**.
- Add **coconut milk**, the **water**, **lime leaves** and **vegetable stock powder**. Stir well to combine, then bring to a simmer.

4



Serve up

- Thinly slice **long red chilli** (if using).
- Divide green curry veggie and noodle soup between bowls.
- Sprinkle with chilli and **crushed peanuts** to serve.

Enjoy!

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