



Red curry noodle soup

with Nhu Quynh fresh fried tofu and Thai basil



An easy, Thai-inspired red curry soup with with crunchy, fresh vegetables, rice noodles and fresh fried tofu cubes. The perfect balance of fresh flavours, sweet, sour, and a little heat.

NO ADDED GLUTEN | CALORIE SMART | Great for leftovers, Spicy (mild)



Make this dish within **3 days** of receiving your meal kit



Cooking equipment: medium pot, large pot



Pantry items needed: vegetable oil



Hands-on: 15-20 minutes

Ready in: 15-20 minutes



Serves: 2 or 4



Nhu Quynh Fresh Fried Tofu Cubes

(240g) \$6

Featured as part of this meal kit and available to add to your next order.

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Garlic	6g	12g
Ginger	15g	30g
Carrot	70g	140g
Capsicum	150g (half)	150g
Snow peas	65g	130g
Spring onion	40g	80g
Thai basil	6g	12g
Lime	80g	160g
Boiling water*	1¾ cup	3½ cup
Vegetable stock cube	1 (half)	1
Rice noodles	1 packet	1 packet
Vegetable oil*	½ tbsp	1 tbsp
Red curry soup base	1 tub	1 tub
Coconut milk	1 carton	2 cartons
Fresh fried tofu cubes	1 packet	2 packets

* Pantry items

Allergens and ingredients

Allergens: soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare vegetables

Mince **garlic** and finely grate **ginger**. Peel and slice **carrot** into thin half-moons. Slice **capsicum** into short strips (use **½ for 2 serves** and **1 for 4 serves**). Prepare **snow peas** by removing the strings (see tip) and cutting in half. Slice **spring onion** whites and greens and set aside **half** the greens for garnish. Pick **Thai basil** leaves. Slice **lime** into wedges for serving.

2. Prepare stock

In a jug, add **boiling water*** and **vegetable stock cube** (**½ for 2 serves** and **1 for 4 serves**) and stir to combine.

3. Par-cook noodles

Fill a medium pot $\frac{3}{4}$ full with water and bring to a boil. Add **rice noodles** and cook for **2 minutes**. Drain **noodles** into a colander, rinse under cold water and set aside.

5. Cook vegetables

In a large pot over medium heat, add **vegetable oil***. When hot, add **garlic, ginger, red curry soup base** and **spring onion** (not the garnish) and cook for **2 minutes**. Add **carrot** and **capsicum** and cook for **2 minutes**.

6. Finish soup

Stir in **vegetable stock** and **coconut milk**. Reduce to a simmer and cook, stirring occasionally, for **5 minutes**. Add **snow peas** and **rice noodles** and cook for **2 minutes**. Add **tofu cubes** and remove from the heat.

5. Serve

Serve **red curry noodle soup** in deep bowls, garnished with **spring onion greens** and **basil leaves**, and **lime wedges** on the side.

Cooking tip

To remove the string from a snow peas, snap off the end of the stem with your fingers. Pull string along length of pod.

Eat your way
to healthy!



Capsicums are low in calories and very high in vitamin C and other antioxidants, making them an excellent addition to a healthy diet. One capsicum provides upwards of 170% of your RDI of vitamin C!

Capsicums are also rich in many other vitamins, including E, A, B6, B9, K1, and minerals, such as potassium. They are also a great source of iron, which is absorbed better when paired with vitamin C, preventing conditions such as iron deficiency and anaemia.

Nutritional information*

	Per 405g serve	Per 100g
Energy	2050kJ (490Cal)	506kJ (121Cal)
Protein	23.4g	5.8g
Fat, total	17.6g	4.3g
- Saturated	1.8g	0.4g
Carbohydrate	51.0g	13.0g
- Sugars	8.0g	2.0g
Sodium	506mg	125mg

* Nutritional information is based on averages