




Tom kha

with puffy tofu



-  Make this dish within 5 days of receiving your meal kit
-  Cooking equipment: large pot
-  Pantry items needed: none
-  Hands-on: 20 minutes
Ready in: 40 minutes
-  Serves: 2 or 4

Our veganised tom kha is comforting and nourishing. Enriched with coconut milk and infused with lemongrass, galangal and makrut lime leaves, it is sure to become a favourite!

HIGH PROTEIN | NO ADDED GLUTEN | Spicy (mild)

Before you start

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

Ingredients

	2 serves	4 serves
Brown onion	90g	180g
Tomato	80g	160g
Garlic	8g	16g
Lemongrass	10g	20g
Makrut lime leaves	1g	2g
Galangal	15g	30g
Lime	80g	800g
Broccolini	150g	300g
Water*	700ml	1400ml
Tom kha seasoning	1 tub	1 tub
Coconut milk	1 can	2 cans
Vermicelli bean noodles	1 packet	2 packets
Puffy tofu	1 packet	1 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 soup

Halve and roughly slice **onion**. Slice **tomato** into 8 wedges. Thinly slice **garlic**. Crush **lemongrass** and **makrut lime leaves** with the base of a heavy knife to release their flavour. Thinly slice **galangal**. Juice **lime** ($\frac{1}{2}$ for 2 serves and 1 for 4 serves). Slice **broccolini** stem into thin 2cm long batons. Slice **broccolini** head into bite-sized pieces.

2. Cook soup

In a large pot over medium heat, add **onion, tomato, garlic, lemongrass, lime leaves, galangal, water*** and **tom kha seasoning** and bring to a boil. Reduce to a simmer and cover with the lid slightly ajar. Allow to simmer, stirring occasionally, for **20 minutes**. Add **coconut milk**, stir to combine and allow to simmer for **10 minutes**.

3. Cook noodles

Place **vermicelli noodles** into a heatproof bowl, pour over enough boiling water to cover and allow to stand for **5 minutes**. Drain and portion **noodles** into large soup bowls.

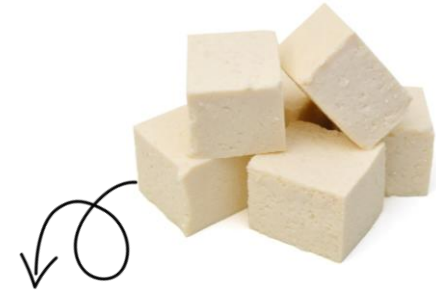
4. Season soup

Add **puffy tofu** and **broccolini**, cover and simmer for **2 minutes**. Stir through **lime juice** and remove from the heat. Remove **lemongrass, galangal** and **lime leaves**.

5. Serve

Ladle **tom kha** soup over **noodles**.

Eat your way
to healthy!



Tofu is a good source of protein and contains all nine essential amino acids your body needs. Surprisingly, it provides more protein per calorie than beef. It is also a source of iron, manganese, potassium, calcium, selenium, phosphorous, magnesium, copper, zinc and vitamin B1.

Tofu has been linked to health benefits such as better heart health, lower levels of 'bad' cholesterol, better bone health, lower risk of colorectal and prostate cancer, better skin and better memory and brain health.

Nutritional information*

	Per 785g serve	Per 100g
Energy	3492kj (835Cal)	445kj (106Cal)
Protein	25.4g	3.2g
Fat, total	52.4g	6.7g
- Saturated	35.2g	4.5g
Carbohydrate	62g	8g
- Sugars	16g	2g
Sodium	1782mg	227mg

* Nutritional information is based on averages