



Mushroom Curry Ramen

with charred garlic pak choi

Veggie Calorie Smart 20 – 25 mins

14



Mushrooms



Lime



Coconut Milk



Udon Noodles



Carrot



Pak Choi



Chilli



Garlic



Korma Curry Paste



Vegetable Stock



Curry Powder

Pantry Items: Salt, Water, Pepper, Oil



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pan with lid, pot with lid

Ingredients

	2P	4P
Mushrooms	250 g	500 g
Lime	1 unit	2 units
Coconut Milk	1 pack	2 packs
Udon Noodles	300 g	600 g
Carrot	1 unit	2 units
Pak Choi	1 unit	2 units
Chilli	1 unit	2 units
Garlic	2 units	4 units
Korma Curry Paste	1 sachet	2 sachets
Vegetable Stock	1 sachet	2 sachets
Curry Powder	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	577.5 g	100 g
Energy (kJ/kcal)	2179.9 kJ/ 521 kcal	377.5 kJ/ 90.2 kcal
Fat (g)	21 g	3.6 g
Sat. Fat (g)	15.2 g	2.6 g
Carbohydrate (g)	70.9 g	12.3 g
Sugars (g)	13.9 g	2.4 g
Protein (g)	15.7 g	2.7 g
Salt (g)	2.8 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Get Prepped

- Roughly chop the **mushrooms**. Stir the **coconut milk** (or shake the packet) to dissolve any lumps.
- Trim the **pak choi** then halve lengthways.
- Peel and grate the **garlic** (or use a garlic press).
- Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces.
- Halve the **lime**. Thinly slice the **chilli**.



Dish Up

- Season your ramen to taste with **salt**, **pepper** and a squeeze of **lime** juice.
- Divide the soup between bowls.
- Top with **garlic** pak choi and sliced **chilli** (use less if you don't like spice).
- Cut any remaining **lime** into wedges and serve alongside.

Enjoy!



Start the Soup

- Place a large pot over high heat with a drizzle of **oil**.
- Once hot, fry the **mushrooms** and **carrot** until softened, 5-6 mins. Stir in the **curry powder** and **korma paste** and fry for 2-3 mins.
- Pour in **coconut milk**, **stock** and 400ml **water** (double for 4p).
- Bring to the boil, cover and simmer for 12-14 mins.
- When the soup has 1 min left to cook, add the **noodles** to the pot and stir until warmed through, 30 secs.



Fry the Pak Choi

- Meanwhile, place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, lay in the **pak choi**. Season with **salt** and **pepper**.
- Fry until charred, 2 mins on each side.
- Once charred, add the **garlic** and fry for 1 min more.
- Add a splash of **water**, cover with a lid or some foil and leave to steam for another 3 mins.