



Spicy Prawn Thai Coconut Soup

with mushrooms, carrot and cashews

Calorie Smart Quick Cook 20-25 mins • Spicy • Eat me first

12



Prawns



Carrot



Red Thai Style Paste



Vegetable Stock



Lemon



Mushrooms



Cashew Nuts



Scallion



Coconut Milk



Udon Noodles

Pantry Items: Water, Sugar, Salt, Pepper, Oil

Before you start

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

Cooking tools you will need

Grater

Ingredients

	2P	4P
Prawns	180 g	360 g
Carrot	1 unit	2 units
Red Thai Style Paste	1 sachet	2 sachets
Vegetable Stock	1 sachet	2 sachets
Lemon	1 unit	2 units
Mushrooms	250 g	500 g
Cashew Nuts	10 g	20 g
Scallion	1 unit	2 units
Coconut Milk	1 pack	2 packs
Udon Noodles	300 g	600 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	632 g	100 g
Energy (kJ/kcal)	2382.9 kJ/ 569.5 kcal	377 kJ/ 90.1 kcal
Fat (g)	21.1 g	3.3 g
Sat. Fat (g)	15 g	2.4 g
Carbohydrate (g)	68.9 g	10.9 g
Sugars (g)	11.5 g	1.8 g
Protein (g)	29.5 g	4.7 g
Salt (g)	4.4 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



You can recycle me!



Get Prepped

- Boil 500ml **water** (double for 4p) in a pot or kettle if you've got one.
- Thinly slice the **mushrooms**.
- Trim and coarsely grate the **carrot** (no need to peel).
- Trim and thinly slice the **scallions**.
- Chop the **lemon** into thick wedges.



Cook the Veg

- Place a large pot over medium-high heat with a drizzle of **oil**.
- When hot, add the **mushrooms** and fry until turning golden, 3-4 mins, stirring occasionally. Add more **oil** if necessary.
- Stir in the **red Thai paste** and the **carrot**.
- Cook for 1 min.



Make the Soup

- Stir the **coconut milk**, **stock**, boiled **water** and $\frac{1}{4}$ tsp **sugar** (double for 4p) into the pot.
- Bring to the boil then reduce to a simmer.
- Pop in the **noodles** and **prawns**. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.
- Stir, and simmer for 6-7 mins. Add more **water** if needed to achieve desired consistency.



Dish Up

- Divide the soup between your bowls.
- Season to taste with **lemon** juice, **salt** and **pepper**.
- Finish with a sprinkling of **cashews** and sliced **scallion**.
- Serve any **lemon** wedges alongside.

Enjoy!