



Spicy Thai Noodle Soup

with coriander and stir-fried veg

Veggie Calorie Smart 25-30 mins • Extra spicy

10



Udon Noodles



Pak Choi



Harissa Paste



Vegetable Stock



Soy Sauce



Honey



Sesame Seeds



Mushrooms



Coriander



Thai Style Spice Mix

Pantry Items: Oil, Salt, Pepper, Water, Egg (Optional)

Before you start

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

Ingredients

	2P	4P
Udon Noodles	300 g	600 g
Pak Choi	1 unit	2 units
Harissa Paste	1 sachet	2 sachets
Vegetable Stock	1 sachet	2 sachets
Soy Sauce	2 sachets	4 sachets
Honey	1 sachet	2 sachets
Sesame Seeds	1 sachet	2 sachets
Mushrooms	150 g	250 g
Coriander	5 g	10 g
Thai Style Spice Mix	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	338 g	100 g
Energy (kJ/kcal)	1494.5 kJ/ 357.2 kcal	442.2 kJ/ 105.7 kcal
Fat (g)	8.5 g	2.5 g
Sat. Fat (g)	1 g	0.3 g
Carbohydrate (g)	54.8 g	16.2 g
Sugars (g)	8.1 g	2.4 g
Protein (g)	14 g	4.2 g
Salt (g)	6 g	1.8 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

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Prep the Veg

- Thinly slice the **mushrooms**.
- Trim the **pak choi**, then separate the leaves.
- Pick the **coriander** leaves from their stalks.



Start the Soup

- Return the same pot to a medium heat (no oil).
- When hot, add the **Thai spice** and cook for 30 secs until aromatic, shifting frequently.
- Add the **harissa paste, vegetable stock, soy sauce, honey** and 600ml **water** (double for 4p).
- Bring to the boil then simmer for 7-8 mins.
- Add the **noodles** to the **stock** and cook until warmed through, 1-2 mins. Season to taste with **salt** and **pepper**.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Toast the Seeds

- Place a large pot over a medium heat (no oil).
- Once hot, add the **sesame seeds** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins.
- Once toasted remove from the pot and set aside for serving.

TIP: *Watch them like a hawk as they can burn easily.*



Add Optional Egg

- While the soup simmers, bring a separate pot of **water** to the boil over a medium-high heat.
- Once boiling, carefully add your **egg** (use 1 egg per person) to the **water**.
- Simmer gently for 4-6 mins for a soft-boiled **egg**.
- Once cooked to your preference, transfer from the pot to a bowl of cold **water**—this will stop it cooking any further!
- Carefully peel the **egg** then halve lengthways.



Fry the Veg

- Return the (now empty) pot to a high heat with a drizzle of **oil**.
- Once hot, add the **mushrooms**. Season with **salt** and **pepper** and fry until browned, 4-5 mins, stirring occasionally.
- Once cooked, remove from the pot and set aside.
- Return the pot to a medium-high heat with another drizzle of **oil** if necessary.
- Add the **pak choi** and stir-fry for 3-4 mins until wilted, shifting occasionally. Set aside.



Finish and Serve

- Divide your soup between bowls.
- Top with the **mushrooms, pak choi** and boiled **egg**.
- Scatter over the **sesame seeds** and picked **coriander** leaves.

Enjoy!