

UCOOK

Thai Curry Noodle Soup

with spinach, crispy chickpeas & chilli oil

The cold weather will have nothing on you with this delicious recipe. Al dente egg noodles, crispy, golden chickpeas, and a spicy coconut milk & peanut butter-flavoured base, with notes of ginger & lemon juice. Finished with a drizzle of chilli oil.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Rhea Hsu

 Veggie

 Alvi's Drift | Signature Viognier

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Ingredients & Prep

4 cakes	Egg Noodles
240g	Chickpeas <i>rinsed & drained</i>
40g	Fresh Ginger
1	Lemon
160g	Spinach
160g	Pickled Bell Peppers
15g	Fresh Coriander
80ml	Red Curry Paste
800ml	Coconut Milk
80ml	Peanut Butter
60ml	Crispy Onion Bits
40ml	Chilli Oil

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. OODLES OF NOODLES Bring a pot of salted water to the boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

2. CRISPY CHICKPEAS Place a pan over medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). Remove from the pan and season.

3. A PREP STEP CLOSER Peel and grate the ginger. Cut the lemon into wedges. Rinse and roughly shred the spinach. Drain and roughly slice the peppers. Rinse and pick the coriander.

4. SOUP-ERSTAR! Return the pot to medium heat with a drizzle of oil. When hot, fry the grated ginger and the curry paste until fragrant, 1-2 minutes (shifting often). Add the coconut milk, the peanut butter, and 800ml of water. Bring to a simmer for 3-4 minutes. In the final minute, stir through the shredded spinach, the pepper slices, a squeeze of lemon juice, and a sweetener. Remove from the heat and season.

5. TO THAI FOR Bowl up the cooked noodles and pour over the Thai curry broth. Top with the crispy chickpeas, and scatter over the crispy onion bits. Garnish with a drizzle of chilli oil (to taste) and the picked coriander. Well done, Chef!

Nutritional Information

Per 100g

Energy	798kJ
Energy	191kcal
Protein	4.5g
Carbs	18g
of which sugars	2.5g
Fibre	1.8g
Fat	11.1g
of which saturated	6g
Sodium	317mg

Allergens

Egg, Gluten, Allium, Peanuts, Wheat, Sulphites

Cook
within 5
Days