



U C O O K

— COOKING MADE EASY

Thai Coconut Noodles

with mushrooms, baby tomatoes, green beans & toasted peanuts

Tom kha soup is naturally vegan! Our take on this invigorating Thai dish marries a creamy coconut base with fragrant spices and the tang of lime. It swims with silky rice noodles, toasted peanuts, and an array of nourishing veg.

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Alex Levett

 **Vegetarian**

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Ingredients & Prep

2	Spring Onion <i>thinly sliced, keeping the white and green parts separate</i>
40ml	Thai Red Curry Paste
10ml	Vegetable Stock
400ml	Coconut Cream
30g	Peanuts
250g	Button Mushrooms
100g	Flat Rice Noodles
200g	Baby Tomatoes <i>rinsed & pricked with a fork</i>
200g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
1	Lime <i>cut into wedges</i>
10g	Fresh Basil <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. START THE TOM KHA Place a pot over a medium heat with a drizzle of oil. When hot, fry the white spring onion slices and the curry paste for about a minute until fragrant, shifting constantly. Add in the stock, 400ml of water, and the coconut cream. Whisk until well combined and bring to the boil. Once boiling, reduce the heat and gently simmer for 10-15 minutes, stirring occasionally. On completion, it should be slightly reduced and have well-developed flavours.

2. WHILE THE SOUP IS SIMMERING... Place the peanuts in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle. Gently wipe the mushrooms with a damp cloth or piece of paper towel to remove any dirt and cut into quarters.

3. GET THE NOODLES STEAMING Boil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 6-8 minutes until cooked through and glassy. Drain on completion and toss through some oil to prevent sticking.

4. FINISH THE TOM KHA Once the soup has reduced, add in the pricked baby tomatoes, quartered mushrooms, and sliced green beans. Simmer for a further 5-7 minutes until the tomatoes and mushrooms are soft and the green beans are cooked but still crunchy. Remove from the heat on completion, stir in the juice of 2 lime wedges, and season to taste.

5. CREAMY NOODLE SOUP Spoon the noodles into some bowls and pour over the tom kha soup. Garnish with the green spring onion slices, rinsed basil leaves, and chopped toasted peanuts. Serve with a lime wedge on the side. A lush but light dinner!



Chef's Tip

Always add curry paste to your taste preference — you don't have to add it all! When the sauce is nearing completion, taste to test the spice levels. If you'd like to increase the heat, gradually stir in any remaining curry paste.

Nutritional Information

Per 100g

Energy	544kJ
Energy	130Kcal
Protein	3.2g
Carbs	12g
of which sugars	2g
Fibre	1.8g
Fat	8g
of which saturated	5.6g
Sodium	248mg

Allergens

Allium, Peanuts, Sulphites

Cook
within 3
Days