



# Veggie Laksa Soup

with Mushrooms and Green Pepper

**RAPID** 15 Minutes • Very Hot! • 1 of your 5 a day • Veggie



Chestnut Mushrooms



Green Pepper



Lime



Lemongrass



Thai Spice



Easy Ginger



Coconut Milk



Vegetable Stock Powder



Peanut Butter



Salted Peanuts



Egg Noodle Nests



Soy Sauce



## Before you start

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

### Basic cooking tools you will need:

Fine Grater, Large Saucepan and Measuring Jug.

### Ingredients

	2P	3P	4P
Chestnut	1 small punnet	1 large punnet	2 small punnets
Mushrooms**	1	1	2
Green Pepper**	1	1	2
Lime**	1	1	2
Lemongrass	1	1	1
Thai Spice 3)	1 small pot	¾ large pot	1 large pot
Easy Ginger**	½ sachet	¾ sachet	1 sachet
Coconut Milk	400ml	600ml	800ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	150ml	225ml	300ml
Peanut Butter 1)	1 sachet	1½ sachets	2 sachets
Salted Peanuts 1)	1 small pot	1 large pot	1 large pot
Egg Noodle Nests 8) 13)	2	3	4
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	505g	100g
Energy (kJ/kcal)	3567 / 853	707 / 169
Fat (g)	55	11
Sat. Fat (g)	36	7
Carbohydrate (g)	67	13
Sugars (g)	12	2
Protein (g)	23	5
Salt (g)	4.15	0.82

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

1) Peanut 3) Sesame 8) Egg 10) Celery 11) Soya 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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Packed in the UK



## 1. Prep Time

- Quarter the **mushrooms**.
- Halve the **pepper** and discard the core and seeds. Chop into 2cm pieces.
- Zest then halve the **lime**.
- Bash the **lemongrass** stick with a saucepan to release the flavours.



## 4. Last Few Jobs

- Meanwhile, crush the **peanuts** by bashing the bag with the bottom of a saucepan.



## 2. Start the Laksa

- Heat a splash of **oil** in a large saucepan over medium-high heat.
- When hot, add the **mushroom, pepper** and **lemongrass**. Stir and cook until softened, 2-3 mins.
- Add the **Thai spice** (beware it's hot, add half if you're not a fan of heat!) and the **easy ginger**. Cook for 1 minute.



## 5. Add the Noodles

- When the **veggies** are soft, stir in the **noodles**. Make sure they are submerged in the **laksa**.
- Simmer until soft enough to eat, about 4 mins.  
**TIP:** The noodles may soak up some of the coconutty liquid. If this is the case, just add a splash of water to get it back to a soupy consistency.



## 3. Simmer the Laksa

- Pour in the **coconut milk** and bring to a simmer.
- Stir in the **vegetable stock powder** and **water** (see ingredients for amount) along with the **peanut butter**.
- Simmer until the **veggies** are soft, 3-4 mins.



## 6. Season and Serve

- Stir in the **soy sauce** and **lime zest**.
- Taste and add **lime juice** and **salt** to taste. Remove and discard the **lemongrass**.
- Share between your bowls and finish with a sprinkle of **peanuts**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.