



Prawn Thai Coconut Soup with mushrooms and carrot

Calorie Smart 20 – 25 mins • Eat me first • Spicy

24



Prawns



Mushrooms



Carrot



Red Thai Style Paste



Vegetable Stock



Lemon



Scallion



Coconut Milk



Udon Noodles



Thai Style Spice Mix

Pantry Items: Water, Salt, Pepper, Oil



Rate your recipe!

Before you start

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

We recommend reading the recipe in full before beginning to cook.

Ingredients

	2P	4P
Prawns	180 g	360 g
Mushrooms	150 g	250 g
Carrot	1 unit	2 units
Red Thai Style Paste	2 sachets	4 sachets
Vegetable Stock	1 sachet	2 sachets
Lemon	1 unit	2 units
Scallion	2 units	4 units
Coconut Milk	1 pack	2 packs
Udon Noodles	300 g	600 g
Thai Style Spice Mix	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	609 g	100 g
Energy (kJ/kcal)	2372.3 kJ/ 567 kcal	389.5 kJ/ 93.1 kcal
Fat (g)	19.9 g	3.3 g
Sat. Fat (g)	14.8 g	2.4 g
Carbohydrate (g)	71.2 g	11.7 g
Sugars (g)	12.8 g	2.1 g
Protein (g)	29 g	4.8 g
Salt (g)	7.1 g	1.2 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

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.

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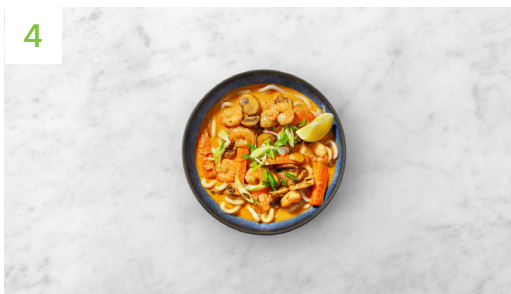


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Get Prepped

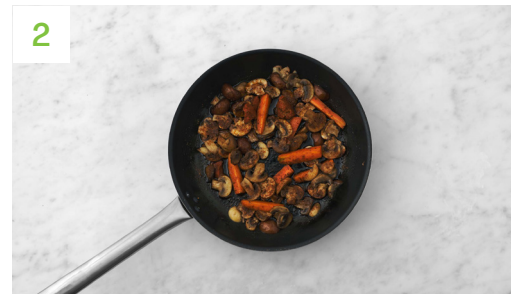
- Boil 500ml **water** (double for 4p) in a pot (or kettle if you've got one).
- Roughly chop the **mushrooms**.
- Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.
- Trim and thinly slice the **scallion**. Quarter the **lemon**.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



Finish and Serve

- Divide the fragrant **prawn** soup between bowls.
- Season to taste with **lemon** juice, **salt** and **pepper**.
- Finish with a sprinkling of sliced **scallion**.
- Serve any remaining **lemon** wedges alongside for squeezing over.

Enjoy!



Soften the Veg

- Place a large pan over medium-high heat with a drizzle of **oil**.
- When hot, fry the **mushrooms** and **carrot** until softened, stirring occasionally, 3-4 mins.
- Season with **salt** and **pepper** then add the **red Thai paste** and **Thai spice mix**.
- Cook until fragrant, 1-2 mins.



Simmer the Soup

- Add the **prawns**, **coconut milk**, **stock** and boiling **water** to the pan. **IMPORTANT:** Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.
- Bring to the boil, then reduce to a simmer and cook for 8-10 mins.
- Gently separate the **noodles** by hand and add them to the pan for the final 1 min of cooking time.
- Add more **water** in increments to achieve your desired consistency if necessary.