



Everything But The Chef

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Comforting Corn & Mushroom Noodle Soup

Just about every culture in the world has some version of noodle soup, and it's not hard to see why! There's nothing quite as perfect on a cold night. This Asian-style soup with silky mushrooms and corn is perfectly fresh - we love the addition of fresh spinach at the very end.



Prep: 15 mins

Cook: 20 mins

Total: 35 mins



level 2



one pot wonder



3 pantry items



Mushrooms



Egg Noodles



Ginger



Garlic



Brown Onion



Vegetable Stock



Baby Spinach



Corn



Lime



Long Chilli



Chives

2P	4P	Ingredients
2 nests	4 nests	egg noodles
2	4	garlic cloves, peeled & crushed
1 knob	2 knobs	ginger, peeled & finely sliced
½	1	brown onion, sliced into semi-circles
1	2	long chilli, deseeded & finely sliced
2 tsp	1 tbs	vegetable stock powder
1 L	2 L	boiling water*
1 cob	2 cobs	corn, kernels removed & cob reserved
250 g	500 g	button mushrooms, sliced
2 tbs	4 tbs	soy sauce*
2 tsp	1 tbs	brown sugar*
70 g	140 g	baby spinach, washed
1 bunch	2 bunches	chives, chopped
1	2	lime, sliced into wedges

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	1010	Kj
Protein	11.8	g
Fat, total	2.4	g
-saturated	0.4	g
Carbohydrate	37.6	g
-sugars	7.4	g
Sodium	1430	mg

Measuretool

0 cm	1 cm	2 cm



1 Bring a large pot of water to the boil and cook the **egg noodles** according to the packet instructions or until tender. Drain, rinse and set aside.

2 Heat some vegetable oil in a large pot over a medium heat. Add the **garlic, ginger, brown onion** and half of the **long chilli** and cook for **2-3 minutes**. Add the **vegetable stock powder, boiling water,** and the stripped **corn cob** to the pot and cover. Allow it to simmer for **5 minutes**. Add the **button mushrooms** to the pot and cook for a further **5 minutes** or until the mushrooms are just cooked through.

3 Add the **soy sauce** and **brown sugar** to the pot, taste and season accordingly. Remove the corn cob then add the **corn kernels** and the cooked noodles to the pot and cook for **1-2 minutes** until the corn kernels are bright yellow but still tender.

4 Divide the **baby spinach** between serving bowls, add the noodles, and ladle over the soup. Garnish with the remaining chilli, **chives,** and serve with **lime wedges**.

Did you know? Corn will always have an even number of rows, typically 16.