

# Quick Thai Red Curry Chicken Soup

with Veggies & Coriander

Grab your Meal Kit with this symbol



Carrot



Tomato



Bamboo Shoots



Garlic



Thai Red Curry Paste



Coconut Milk



Coriander



Chicken Breast

### Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **20-30 mins**  
Ready in: **25-35 mins**

Naturally Gluten-Free  
*Not suitable for coeliacs*

Eat Me Early

Carb Smart

Nip that Thai curry craving in the bud with this four-step soup. Complete with plenty of veggies to keep the carbs in check, there's no need for noodles when you have sweet and earthy carrot, juicy tomatoes and crisp bamboo shoots to soak up the coconutty deliciousness.

### Pantry items

Olive Oil, Brown Sugar, Soy Sauce (or Gluten-Free Tamari Soy Sauce)

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Large saucepan with a lid

## Ingredients

|  | 2 People        | 4 People        |
|--|-----------------|-----------------|
| <b>olive oil*</b>  | refer to method | refer to method |
| carrot   | 1               | 2               |
| bamboo shoots  | 1 tin           | 2 tins          |
| tomato   | 1               | 2               |
| garlic   | 2 cloves        | 4 cloves        |
| chicken breast   | 1 small packet  | 1 large packet  |
| Thai red curry paste   | ¼ tin           | 1½ tins         |
| coconut milk   | 1 large tin     | 2 large tins    |
| <b>water*</b>  | ½ cup           | 1 cup           |
| <b>brown sugar*</b>  | 1 tsp           | 2 tsp           |
| <b>soy sauce*</b><br><i>(or gluten-free tamar soy sauce)</i> | 1 tbs           | 2 tbs           |
| coriander  | 1 bag           | 1 bag           |

\*Pantry Items

## Nutrition

| Avg Qty           | Per Serving     | Per 100g       |
|-------------------|-----------------|----------------|
| Energy (kJ)       | 2670kJ (638Cal) | 441kJ (105Cal) |
| Protein (g)       | 37.9g           | 6.3g           |
| Fat, total (g)    | 42g             | 6.9g           |
| - saturated (g)   | 32.2g           | 5.3g           |
| Carbohydrate (g)  | 25.3g           | 4.2g           |
| - sugars (g)      | 15.8g           | 2.6g           |
| Sodium (mg)       | 1693mg          | 280mg          |
| Dietary Fibre (g) | 6.9g            | 1.1g           |

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Thinly slice **carrot** into half-moons. Drain **bamboo shoots**.
- Roughly chop **tomato**. Finely chop **garlic**.
- Cut **chicken breast** into 2cm chunks.



## Finish the soup

- SPICY!** You may find the curry paste hot. Add less if you're sensitive to heat. Stir in **Thai red curry paste** (see ingredients), **tomato** and **garlic** until fragrant, **1-2 minutes**.
- Stir in **coconut milk**, the **water**, the **brown sugar** and the **soy sauce**. Bring to boil, then reduce heat to medium and simmer until slightly thickened, **4-5 minutes**.



## Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over high heat.
- Cook **carrot** and **bamboo shoots**, tossing, until slightly softened, **4-5 minutes**.
- Add **chicken** and cook until slightly browned, **2-3 minutes**.



## Serve up

- Divide Thai red curry chicken soup between bowls.
- Tear over **coriander** leaves to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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## Rate your recipe

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