



# Quick Thai Green Coconut Noodle Soup

with Crushed Peanuts

Grab your Meal Kit with this symbol



Carrot



Garlic



Green Beans



Baby Bok Choy



Makrut Lime Leaves



Thai Green Curry Paste



Coconut Cream



Vegetable Stock



Flat Noodles



Long Red Chilli (Optional)



Crushed Peanuts



Chicken Breast

Hands-on: **20-30 mins**  
 Ready in: **25-35 mins**

Spicy (optional long red chilli)

This fast one-pot noodle soup is a delicious and easy way to switch up your dinner! Green curry paste and flat noodles are the key players, while makrut lime leaves and crushed peanuts add flavour and crunch.



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, 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 pot or saucepan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
garlic	1 clove	2 cloves
green beans	1 bag (100g)	1 bag (200g)
baby bok choy	1 bunch	2 bunches
makrut lime leaves	2 leaves	4 leaves
Thai green curry paste	½ tin (48g)	1 tin (95g)
coconut cream	1 tin (400ml)	2 tins (800ml)
water*	2 cups	4 cups
vegetable stock	1 cube	2 cubes
flat noodles	1 packet	2 packets
soy sauce*	1 tbs	2 tbs
long red chilli (optional)	½	1
crushed peanuts	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

### Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3830kJ (915Cal)	529kJ (126Cal)
Protein (g)	22.2g	3.1g
Fat, total (g)	62.4g	8.6g
- saturated (g)	41.9g	5.8g
Carbohydrate (g)	60.4g	8.3g
- sugars (g)	16.9g	2.3g
Sodium (mg)	1773mg	245mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4648kJ (1110Cal)	523kJ (125Cal)
Protein (g)	52.4g	5.9g
Fat, total (g)	70.7g	8g
- saturated (g)	44.4g	5g
Carbohydrate (g)	60.4g	6.8g
- sugars (g)	16.9g	1.9g
Sodium (mg)	1875mg	211mg

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.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)


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## Get prepped

Finely chop the **carrot**. Finely chop the **garlic**. Trim the **green beans** and cut into small pieces. Roughly chop the **baby bok choy**. Thinly slice the **makrut lime leaves**.

**TIP:** Makrut lime leaves have a fibrous texture, so make sure you cut them thinly!


 **CUSTOM RECIPE**

Cut the chicken breast into 2cm chunks.



## Start the soup

**SPICY!** The curry paste is spicy, use less if you're sensitive to heat. In a large pot or saucepan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot**, stirring, until softened, **3-4 minutes**. Add the **Thai green curry paste** (see ingredients) and **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **coconut cream**, **water**, **lime leaves** and crumble in the **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people). Stir to combine well, then bring to a simmer.

 **CUSTOM RECIPE**

Before starting the soup, heat a drizzle of olive oil in a saucepan over medium-high heat. Cook chicken until browned and cooked through, 5-6 minutes. Transfer to a plate.




## Add the bok choy

Stir the **baby bok choy** through the soup until wilted, **2 minutes**.



## Finish the soup

Add the **soy sauce** to the **soup** and stir to combine. Season to taste with **salt** and **pepper**.

 **CUSTOM RECIPE**

Add the chicken to the soup.



## Add the beans & noodles

Add the **green beans** and **flat noodles** to the pan and cook until the beans and noodles are tender, **3-4 minutes**.



## Serve up

Thinly slice the **long red chilli** (if using). Divide the Thai green coconut noodle soup between bowls and top with the chilli and **crushed peanuts**.

Enjoy!