

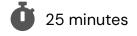


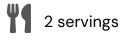


Sweet and Sour Thai Fish Soup

with Veggie Noodles

A sweet and sour Thai-style soup flavoured with fiery and fragrant red curry paste, poached white fish, zingy lime and fresh bean shoots served over veggie noodles.







Bulk it up!

If you want to get extra serves from this dish, slice the carrot and zucchini and add them to the soup along with a tin of coconut milk, then serve over cooked noodles.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

34g 5

5g

22g

FROM YOUR BOX

ТОМАТО	1
BABY KING OYSTER MUSHROOMS	1 packet
CURRY PASTE	1 jar
ZUCCHINI	1
CARROT	1
WHITE FISH FILLETS	1 packet
LIME	1
BEAN SHOOTS	1 packet

FROM YOUR PANTRY

oil for cooking, pepper, 1 stock cube, soy sauce (or tamari)

KEY UTENSILS

large frypan with lid, kettle

NOTES

The curry paste can be a little spicy, so use it to taste. We recommend using 1 tbsp if you don't like spice or the whole tin if you do. You can store any leftover paste in the freezer to use at a later date. You can also add a tin of coconut milk to the soup to make it milder.





1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil.** Wedge **tomato** and halve any larger **mushrooms**. Add to pan as you go and cook for 3 minutes.



2. SIMMER THE SOUP

Add 1/3 tin curry paste (see notes). Crumble in stock cube and pour in 500 ml water. Simmer, covered, for 5 minutes.



3. MAKE THE NOODLES

Boil the kettle.

Julienne or ribbon **zucchini** and **carrot** into noodles using a Julienne peeler/spiralizer or vegetable peeler, and place in a large bowl. Pour **hot water** over noodles. Drain the noodles.



4. ADD THE FISH

Cut **fish** into smaller pieces. Add to broth and simmer, covered, for a further 5 minutes.



5. SEASON THE SOUP

Remove pan from heat. Zest **lime**. Add to pan along with juice from 1/2 lime (wedge remaining). Season to taste with 1/2-1 tbsp soy sauce and pepper.



6. FINISH AND SERVE

Divide **noodles** among bowls. Ladle over **soup**. Serve with **bean shoots** and **lime wedges**.





