



Hot and Sour Fish Soup

with Vermicelli Noodles



20-30min



4 Portions

This tempting weeknight soup comes to you by way of Thailand, where fragrant lemongrass is added to a tantalising mix of chilli, tomato and lime juice. Designed to invigorate the senses, hot and sour soups are also light and pair perfectly with seafood, like white fish, while soft, slippery vermicelli noodles add just the right amount of body.

What we send

- fish sauce ⁴
- coriander, lemongrass, bird's-eye chilli, garlic
- vermicelli noodles
- salted roasted peanuts ⁵
- red onion
- white fish fillets ⁴
- limes
- cherry tomatoes

What you'll require

- sugar
- water

Utensils

- fine grater
- large saucepan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Occasionally fish has a slight odour from being in the packaging.

Allergens

Fish (4), Peanuts (5). May contain traces of other allergens.

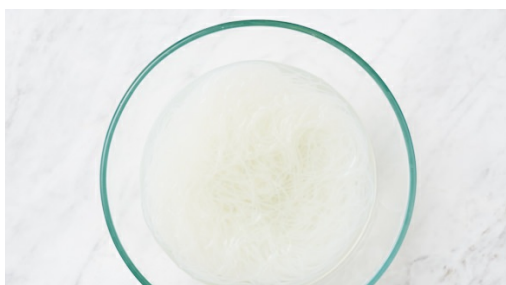
Nutrition per serving

Energy 440kcal, Fat 6.5g, Carbs 51.5g, Proteins 37.8g



1. Prepare ingredients

Cut the **onion** into wedges. Crush or finely chop the **garlic**. Thinly slice the **chillies**, discarding the seeds if less heat is preferred. Pick the **coriander** leaves and finely chop the stems. Trim the top and bottom of the **lemongrass**, keeping about 10cm of the stalks. Squash the stalks with the back of a knife. Finely grate the **lime** zest, then juice the limes.



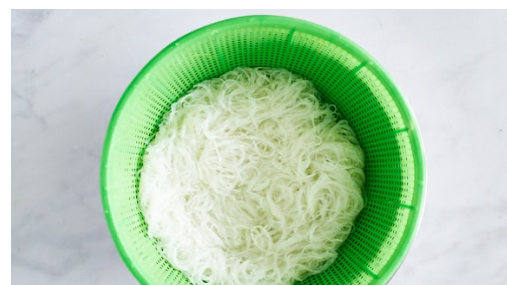
4. Soak noodles

Put the **noodles** in a heatproof bowl and cover with boiling water. Stand for 5 mins or until softened.



2. Start soup

Put the **onion, garlic, chilli, coriander stems** and **lemongrass** in a large saucepan. Add the **tomatoes, fish sauce, lime zest, 2 tbs lime juice, 1 tbs sugar** and **1L (4 cups) water**. Bring to the boil, then reduce the heat to medium-low and cook for 10 mins or until fragrant and full of flavour.



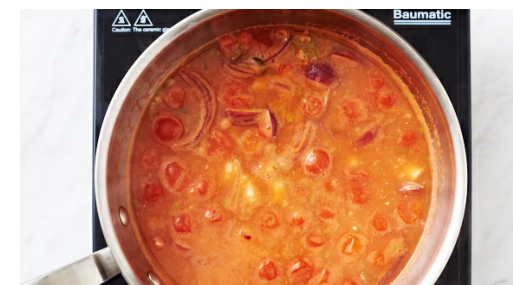
5. Drain noodles

Drain the **noodles** and set aside.



3. Prepare fish

Meanwhile, bring a kettle to the boil for the noodles. Cut the **fish** into 2cm chunks (see cooking tip). Coarsely chop the peanuts, if using.



6. Get ready to serve

Add the **fish** to the soup and cook for a further 2-3 mins until the fish is cooked. Discard the **lemongrass**. Divide the **noodles** and **soup** among bowls and scatter with the **coriander leaves** and **peanuts** to serve.