



HEALTHY

## Fragrant Tom Yum Soup

with Silken Tofu and Snowpeas



20-30min



2 Portions

Tom Yum soup is a popular Thai dish that is well-known for its distinct hot and sour flavours. Using fresh ingredients like crunchy snow peas, carrot, aromatic kaffir lime leaves and lemongrass, this take on the Thai favourite is sure to please everyone at the dinner table tonight!

## What we send

- silken firm tofu <sup>6</sup>
- vermicelli noodles
- lime
- snow peas
- carrot
- vegetable stock cube
- Thai seasoning <sup>17</sup>
- kaffir lime leaves, lemongrass, bird's eye chilli, spring onion

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- honey
- soy sauce <sup>6</sup>
- water

## Utensils

- medium saucepan with lid
- paper towel
- sieve

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

## Cooking tip

Bruising the lemongrass and scrunching the lime leaves releases their aroma and increases the flavour.

## Allergens

Soy (6), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 460kcal, Fat 11.8g, Carbs 55.1g, Proteins 25.4g



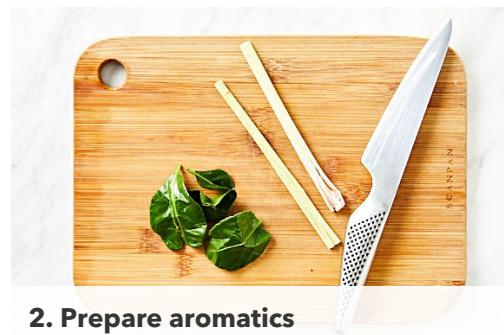
1. Prepare ingredients

**Read through the recipe.** Juice **half the lime** and cut the **remaining half** into wedges. Peel and halve **carrots** lengthwise, then slice thinly. Trim the stems from the **snow peas**, removing the strings from one side, then halve on an angle. Trim and thinly slice the **spring onion** on an angle. Halve the **chilli** lengthwise, discarding the seeds if less heat is desired.



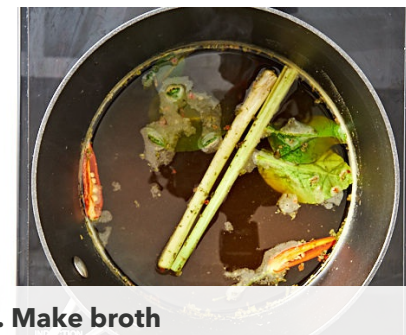
4. Cook noodles

Meanwhile, put the **noodles** in a large heatproof bowl and cover with boiling water. Soak for 5 mins or until tender. Drain. Carefully remove the **tofu**, according to the packet instructions, and drain on paper towel. Cut into 1.5cm chunks.



2. Prepare aromatics

Scrunch the **lime leaves**. Remove the tough outer layer from the **lemongrass** then bash the stem to bruise (see cooking tip). Crumble the **stock cubes** into a medium saucepan, add **1L (4 cups) boiling water** and stir to dissolve.



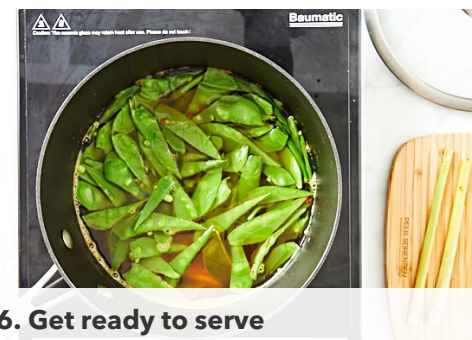
3. Make broth

Add the **lime juice, chilli, lemongrass, lime leaves, 2 tsp Thai seasoning\*\***, **1 tbs soy sauce** and **2 tsp honey** to the **stock**. Bring to a simmer over medium heat. Then reduce the heat to medium-low and cook, covered, for 5 mins to develop the flavour.



5. Add vegetables

Bring the **broth** back to the boil, add the **carrots** and cook, covered, for 2 mins or until the carrots are almost tender. Add the **snow peas** and cook, covered, for 1 min or until just tender. Remove from the heat and gently add the **tofu** and stand for 1 min or until heated through.



6. Get ready to serve

Remove the **lemongrass** from the **broth** and discard. Divide the **noodles** and **soup** among bowls. Scatter over the **spring onion** and serve with the **lime wedges**.