

DINNERLY



Speedy Spicy Prawn and Tofu Noodle Soup

with Pak Choy



20 minutes



2 Servings

Five easy steps, minimal pans and prep... we cut the fluff but not the flavour in our speedy recipes. In just 20 minutes, you'll have this masterpiece on the table and be crowned in glory too!

WHAT WE SEND

- 1 bunch pak choy
- 200g peanut satay tofu ^{3,4,5,6}
- 2 vegetable stock cubes
- 200g peeled prawns ¹
- 30g green curry paste
- 150g egg noodles ^{2,3,6}
- 200ml coconut milk

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

WHAT YOU NEED

- 500ml (2 cups) boiling water
- 1¼ tbs vegetable oil
- 1 tbs soy sauce ⁵

TOOLS

- medium saucepan

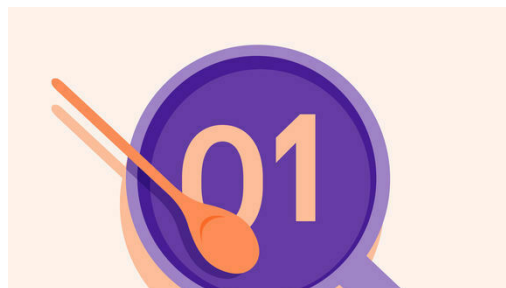
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Crustacean (1), Egg (2), Gluten (3), Peanut (4), Soy (5), Wheat (6). May contain traces of other allergens.

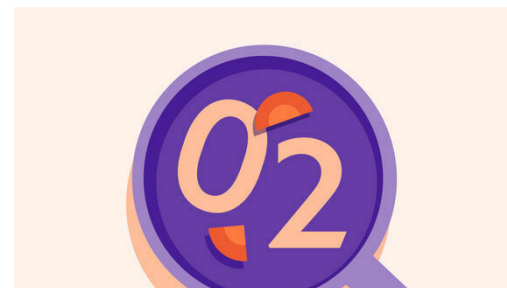
NUTRITION PER SERVING

Energy 740kcal, Fat 33.0g, Carbs 71.2g, Protein 40.5g



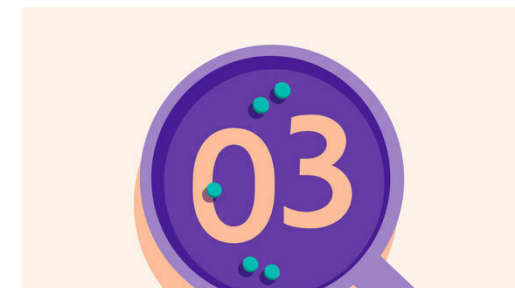
1. Prep ingredients

Trim the **pak choy** and separate the leaves. Cut the **tofu** into 1cm-thick strips. Crumble **1 stock cube*** into a heatproof jug, add **500ml (2 cups) boiling water** and stir to dissolve.



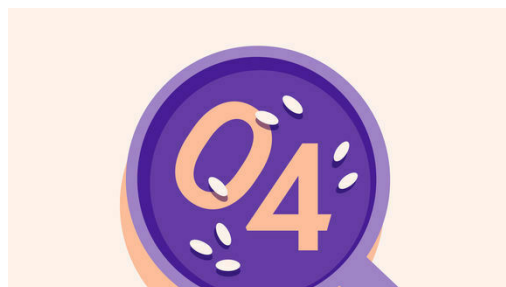
2. Warm tofu and cook prawns

Heat a **drizzle of vegetable oil** in a medium saucepan over medium-high heat. Add the **tofu** and cook, turning regularly, for 2 mins or until golden. Remove from the pan. Heat a **drizzle of vegetable oil** in the pan over high heat. Cook the **prawns**, stirring, for 2-3 mins until just cooked through. Remove from the pan.



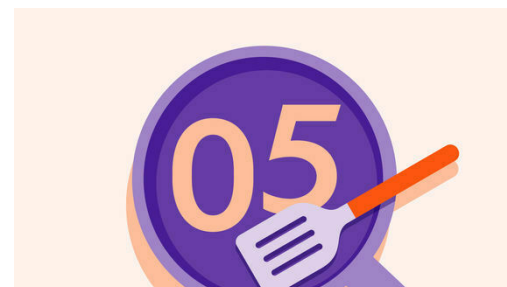
3. Make soup

Heat a **drizzle of vegetable oil** in the same pan over medium-high heat. Add the **curry paste** and cook, stirring, for 1 min or until fragrant. Add the **stock** and bring to the boil.



4. Add noodles

Add the **noodles, pak choy** and **half the coconut milk*** to the pan (see Make it yours) and cook for 3 mins or until the noodles are tender. Add the **prawns** and cook for 30 secs or until warmed through. Stir in **1 tbs soy sauce**. Remove the pan from the heat. Taste, then season with **salt and pepper**.



5. Serve up

Divide the **prawn noodle soup** among bowls. Top with the **tofu** and enjoy!



6. Make it yours

Empty out the crisper drawer and boost your veggies by adding whatever you have on hand, from broccoli and mushrooms to capsicum and beans.