

Thai Vegetable & Noodle Soup

Another gorgeous Thai-inspired soup in the Cook for Good repertoire. Tastes so creamy and full of fragrant Thai warming spices – and it's vegan! Serves 6.

Ingredients

- 2 Tbsp olive oil
- 1 brown onion
- 2 large carrots
- 1 red pepper
- 3 cloves garlic
- 1.25 litres vegetable stock
- 1.5 x 400ml tins coconut milk
- 50g red curry paste
- 1 medium sweet potato
- 100g sugar snap peas
- 10-15g salt (to taste)
- 1 tsp ground black pepper
- 175g rice noodles
- 20g coriander
- ¾ tsp chilli flakes
- ½ lime

Method

- Peel and finely dice the onion, carrots and red pepper.
- Peel and finely chop the garlic.
- Break up the rice noodles.
- Juice the lime.
- Peel and dice the sweet potatoes the same size as the carrots.
- Slice the sugar snap peas in half on the angle.
- Heat the oil in a large saucepan. Add the onion, carrots and red pepper and sauté for 3-4 minutes, stirring constantly.
- Add the garlic and cook until fragrant (approx. 2 minutes)
- Add in the curry paste and stir well – cook for a further couple of minutes.
- Add the sweet potato cubes and stir well to coat them.
- Mix in the vegetable stock, coconut milk, salt and pepper.
- Bring the soup up to the boil and let it cook until the sweet potatoes are tender.
- Add the broken noodles and sugar snap peas and bring back to the boil.
- Reduce heat to low and simmer for 3 minutes.
- Cover the pot and allow to sit until the noodles are just tender.
- Test for balance and add chilli flakes and lime juice to taste
- Serve soup hot garnished with coriander

