

Spicy Prawn Tom Kha

Thai Coconut Soup

This low-carb aromatic soup is a complete meal in a bowl.

hellóchef

Cals 428 • Prot 33 • Carbs 31 • Fat 20

hellochef.com • 04-383-93-99 • hello@hellochef.com



🕒 cook: 30 min

R2709

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Soup	2 ppl	3 ppl	4 ppl	
Prawns 7*	350	525	700	Grams
Chestnut mushrooms	250	250	500	Grams
Shallots	1	1	2	Piece
Ginger	30	45	60	Grams
Garlic cloves	3	4	6	Piece
Lemongrass	1	1	1	Piece
Vegetable oil	1	2	2	Tbsp
Red curry paste 7*	20	30	40	Grams
Water	300	300	600	ML
Coconut sugar	10	15	20	Grams
Vegetable stock cube 15*	0.5	1	1	Piece
Coconut milk	200	400	400	ML
Lime leaves	3	3	6	Piece
Sambal oelek	20	30	30	Grams
Fish sauce 6*, 10*	10	10	20	ML
Bean sprouts	50	75	100	Grams
Garnishes				
Fresh coriander	15	15	15	Grams
Small red chilli	1	2	2	Piece
Lime	1	2	2	Piece

Allergens

*7 Crustaceans, *15 Celery, *6 Fish, *10 Wheat

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	1791 / 428
Fat (g)	19.5
of which saturates (g)	10.9
Carbohydrate (g)	31
of which sugars (g)	7.8
Fiber (g)	8.1
Protein (g)	33.4
Salt (g)	3.4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Roughly chop the **mushrooms**. Peel, halve and slice the **shallots**. Peel and grate the **ginger** and **garlic**. Bash the **lemongrass** with something heavy until it splits.

Tip! Bashing the lemongrass helps to release its aromatic flavours!



2 Fry prawns

Rinse, drain and dry the **prawns** on kitchen paper. Heat a non-stick pan over a medium-high heat with a drizzle of **vegetable oil**. Once hot, add the **prawns** and cook for 2-3 min until pink and cooked through. Transfer the cooked **prawns** to a plate. Reserve the pan.



3 Fry veg

Return the pan to a medium heat with a drizzle of **vegetable oil**. Once hot, add the **mushrooms** with a pinch of salt and cook for 5 min or until browned. Add the **shallots** and cook for 2 min further.



4 Simmer

Add the **garlic, ginger, lemongrass** and **red curry paste (spicy!)** and fry for 1 min further. Add the **measured water, coconut sugar, {0.5/1/1} vegetable stock cube**, the **coconut milk** and **lime leaves**. Simmer for 10 min.



5 Prep garnishes

Meanwhile, pick the **coriander leaves**. Finely slice the **red chilli**. Slice the **lime** into wedges.

Tip! Can't handle the heat? Remove and discard the seeds from the chilli, that's where most of the spice is!



6 Serve

Add the **sambal oelek (spicy!)**, **fish sauce**, **prawns** and **bean sprouts** to the **soup**. Squeeze the **lime** juice into the **soup**. Divide the **soup** among bowls and garnish with the **coriander** and sliced **chilli (spicy!)**.