



## Thai Style Soup

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

*"This soup is so fast and so delicious that you'll wish you had learned about it years ago! It's a light lunch or a full dinner and I love the vibrant colours that align so naturally with my "eat a rainbow" philosophy. The more colours, the more variety in not just flavours but nutrients too, and variety of nutrients is exactly what our bodies love."*

### Ingredients

1 Tbsp coconut oil	1 small onion
1 chilli (adjust to taste)	1 red pepper
zest of one organic lime (optional)	Sugarsnap peas
Juice of half a lime	½ sweet potato, grated
small bunch of fresh coriander	500mls stock
2 cloves of garlic, finely chopped	1 tbsp peanut butter (optional)
chunk of ginger (large thumb) grated	2 tsbp tamari or soy sauce
½ tsp turmeric powder	200ml coconut milk (half a tin)
Pinch of black pepper	60g rice noodles
	100-150g pre-cooked chicken / prawns or tofu



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*"This dish has the ultimate in flexibility. You can mix up the protein for whatever you want or have to hand. Pick the stock that works for you - quick and easy vegetable stock cube to homemade bone broth prepped in advance. And of course you can swap the red pepper and sugarsnap peas for whatever veg is seasonal or in your fridge. Enjoy! Catherine x"*

### Directions

1. Prepare the rice noodles by covering in boiling water as per the packet instructions, or cook the desired rice. The soup itself will take approx. 15 – 20 mins to cook (not including prep time) so if using brown rice, start this earlier before you start to prep the veg.
2. Melt the coconut oil in a large pan and gently fry the onions and peppers for 2 minutes until softened.
3. Add the chilli (reserve some slices for garnish), organic lime zest, garlic, ginger, turmeric, black pepper and most of the coriander (reserve some leaves for presentation) and continue to fry for a further 2 minutes.
4. Add the grated sweet potato and fry for a further 2 minutes until softened.
5. Pour in the stock, add the peas and chicken/prawns if using and bring to the boil. Simmer for approx. 10 minutes.
6. Add the peanut butter (if using), lime juice and tamari, and gently mix until dissolved, add the coconut milk and mix gently until dissolved, then add the noodles and tofu if using and bring to a boil again.
7. Taste, season and serve.