

Nutritious & Delicious Soup Recipes



Salmon Noodle Soup

Ingredients (serves 4 x 300ml portions)

1 ltr low-salt fish stock
2 tsp Thai red curry paste
100g flat rice noodles
150g pack shiitake mushrooms, sliced
125g pack baby corn, sliced
2 skinless salmon fillets, sliced
juice 2 limes
1 tbsp reduced-salt soy sauce
pinch brown sugar
small bunch coriander, chopped

Method

1. Pour the stock into a large pan, bring to the boil, then stir in the curry paste.
2. Add the noodles and cook for 8 mins.
3. Tip in the mushrooms and corn and cook for 2 mins more.
4. Add the salmon to the pan and cook for 3 mins or until cooked through.
5. Remove from the heat and stir in the lime juice, soy sauce and a pinch of sugar.
6. Ladle into 4 bowls and sprinkle over the coriander just before you serve.

Key Nutrients

Portion	300g	100g	
Calories	589 (kJ)	196 (kJ)	
Calories	140 (kcal)	47 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	3.2g	1.1g	Low
Saturates	0.1g	0.1g	Low
Sugars	2.1g	0.7g	Low
Salt	1.5g	0.5g	Med
Protein	7.3g	2.4g	-

Low Fat

Allergen Info: Crustaceans, Fish, Soya, Wheat