

Nutritious & Delicious Soup Recipes



Thai-Style Fish Broth with Greens

Ingredients (serves 4)

100g brown rice noodles (**only**)
500ml low sodium chicken or fish stock
1 tbsp Thai red curry paste
4 dried or fresh kaffir lime leaves
1 tsp fish sauce
200g skinless sustainable white fish, such as pollack
100g raw king prawns
2 pakchoi, leaves separated
handful coriander leaves

Method

1. Cook the noodles following pack instructions.
2. Refresh in cold water and drain well.
3. Put the stock in a large saucepan and stir in the curry paste, lime leaves, fish sauce and 250ml cold water.
4. Bring to a simmer and cook for 5 mins.
5. Cut the fish into roughly 3cm cubes and add to the pan.
6. Return to a simmer, then cook for 2 mins uncovered.
7. Stir in the noodles, prawns and pakchoi, and simmer for 2-3 mins or until the fish and prawns are just cooked.
8. Serve in bowls scattered with coriander.

Key Nutrients

Portion	358g	100g	
Calories	619 (kJ)	173 (kJ)	
Calories	146 (kcal)	41 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	0.5g	0.5g	Low
Saturates	0.1g	0.1g	Low
Sugars	0.5g	0.3g	Low
Salt	1.0g	0.3g	Low
Protein	16.1g	4.5g	-

Low Fat

Allergen Info: Celery, Crustaceans, Fish