



## THAI GREEN CURRY (DINNER)

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2 servings



15 minutes

### INGREDIENTS

1 tin light coconut milk  
2 heaped tbsp Thai green curry  
paste  
2 tbsp each fish and soy sauce  
1/2 chicken stock cube (or veggie)  
1 carrot, julienne or peeled into  
ribbons  
Handful tender stem broccoli  
1 red pepper  
3 tbsp peas or edamame  
2 spring onion  
2 nests of dried egg noodles  
Protein of choice using guide

330 kcal and 8g protein not  
including additional protein

### DIRECTIONS

1. Tip the coconut milk into a large  
saucepan. Fill the tin back up with water  
and tip in.
2. Add the Thai paste, chicken stock  
cube, soy, and fish sauce. Bring up to a  
simmer.
3. Prep your veg in the meantime. Mix  
and add the noodles into the centre, veg,  
and prawns around. Cover with a lid and  
let simmer for 4-5 minutes until  
everything is cooked.
4. Serve and enjoy. Leftovers can be kept  
for 2 days.

*330 kcal and 8g protein not including  
additional protein*