

Thai Red Curry Soup

This gem is a fresh take on the Thai classic. We're cooking up our version of red curry soup with glass noodles, carrots, red peppers, mushrooms and tofu in a red curry and coconut milk base. It's rich and flavorful, and practically hands-free, not to mention an all-time member favorite.

25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- 2 Saucepans
- Large Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Shiitake Mushrooms
- Red Peppers & Carrots
- Red Curry
- Tofu
- Ginger-Coconut Broth
- Glass Noodles

Make The Meal Your Own

If you're cooking the **carb conscious version**, we sent you yellow squash "noodles" instead of glass noodles, reducing the **carbs per serving to 30g**. Skip Steps 1 and 2 and dry the yellow squash "noodles" with a paper towel. Add 1 Tbsp olive oil to a large skillet. When the oil is very hot, place the yellow squash noodles in the pan in a single layer spread evenly across the entire skillet. Cook, without stirring, until the squash noodles are slightly charred, 2 to 3 minutes. Remove from the pan and put directly in bowl.

Want to get a jumpstart on dinner? Make the soup ahead, but keep the tofu and noodles separate until you're ready to eat.

Don't love spice? Go easy on the red curry paste and let everyone add to taste. (If it's still too spicy, you can mellow the soup by adding extra coconut milk.)

Good To Know

Health snapshot per serving – 485 Calories, 19g Protein, 19g Fat, 64g Carbs, 17 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Coconut Milk, Tofu, Glass Noodles, Carrots, Peppers, Mushrooms, Lime Juice, Soy Sauce, Brown Sugar, Red Curry Paste, Lemongrass, Garlic, Basil, Concentrated Vegetable Base, Ginger

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Soak the Glass Noodles

Put the **Glass Noodles** into a bowl and pour the boiling water over top. Let the noodles soak until they are soft, about 2 to 5 minutes. Drain and set aside.

It's important to let the glass noodles soak. If you don't, they can get clumpy and hard to manage.

3. Cook the Thai Vegetables

In a separate saucepan, heat 1 Tbsp olive oil over medium-high heat. Add the **Shiitake Mushrooms** and **Thai Peppers & Carrots** and cook for 3 to 5 minutes. Add the **Red Curry** and cook until fragrant, about 1 minute. Add 1 ½ cups of water and bring to a boil. Reduce to a simmer and cook uncovered for 10 minutes.

The red curry has a kick. We use all of it, but if you don't love spice, you should start with just a touch.

4. Finish the Soup

Turn the heat back up to medium-high. Add the **Tofu** and **Ginger-Coconut Broth** to the vegetables and season with salt and pepper to taste. If you'd like a thinner soup, add more water. Cook until the vegetables are tender, about 2 to 5 minutes.

Put the noodles into each diner's bowl. Serve the soup over the noodles.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois