

# 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

**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.)

**Omnivore's Option** – Shrimp is a great addition to this dish. Cook it separately and add to the soup at the end.

## 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**