



Thai coconut & veg broth



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



296 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tbsp curry paste red
- ☐ 1 tsp vegetable oil
- ☐ 1 l vegetable stock
- ☐ 400 ml lite coconut milk canned
- ☐ 2 tsp brown sugar
- ☐ 175 g extra wide egg noodles
- ☐ 2 carrots cut into matchsticks
- ☐ 0.5 head bay leaves chinese sliced

- ☐ 0.5 ginger tea bags
- ☐ 6 cherry tomatoes halved
- ☐ 1 juice of lime
- ☐ 3 spring onion halved finely sliced
- ☐ 1 handful cilantro leaves roughly chopped

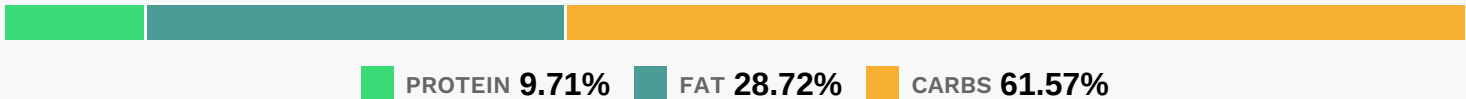
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ wok

Directions

- ☐ Place the curry paste in a large saucepan or wok with the oil. Fry for 1 min until fragrant. Tip in the vegetable stock, coconut milk and brown sugar. Simmer for 3 mins.
- ☐ Add the noodles, carrots and Chinese leaf and simmer for 4–6 mins, until all are tender.
- ☐ Mix in beansprouts and tomatoes.
- ☐ Add lime juice to taste and some extra seasoning, if you like. Spoon into bowls and sprinkle with spring onions and coriander.

Nutrition Facts



Properties

Glycemic Index:49.96, Glycemic Load:15.62, Inflammation Score:-10, Nutrition Score:14.508260908334%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 295.82kcal (14.79%), Fat: 9.25g (14.23%), Saturated Fat: 6.51g (40.7%), Carbohydrates: 44.61g (14.87%),
Net Carbohydrates: 41.6g (15.13%), Sugar: 7.31g (8.12%), Cholesterol: 36.75mg (12.25%), Sodium: 1099.4mg (47.8%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.07%), Vitamin A: 6830.7IU (136.61%), Selenium:
34.73µg (49.61%), Vitamin K: 28.8µg (27.43%), Manganese: 0.48mg (23.78%), Vitamin C: 12.36mg (14.98%),
Phosphorus: 128.32mg (12.83%), Fiber: 3.01g (12.04%), Copper: 0.18mg (8.79%), Potassium: 301.55mg (8.62%),
Magnesium: 34.28mg (8.57%), Vitamin B6: 0.17mg (8.47%), Iron: 1.46mg (8.14%), Vitamin B1: 0.11mg (7.41%), Folate:
29.17µg (7.29%), Vitamin B3: 1.43mg (7.14%), Zinc: 1mg (6.67%), Vitamin B5: 0.54mg (5.39%), Calcium: 46.63mg
(4.66%), Vitamin E: 0.69mg (4.59%), Vitamin B2: 0.07mg (4.3%), Vitamin B12: 0.13µg (2.11%)