



THAI PRAWN NOODLE SOUP

 **Prep: 5 minutes**

 **Cook: 8 minutes**

 **Serves: 2**

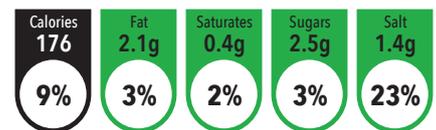
INGREDIENTS:

- 2 very low salt organic vegetable stock cubes
- 1 lemongrass stalk, halved and thinly sliced
- 1 red chilli, deseeded and thinly sliced
- 2 heads pak choi, shredded (300g)
- 100g wholewheat noodles
- 150g raw king prawns
- ½ x 28g pack coriander, leaves only
- 1 tsp fish sauce
- 1 tsp **LoSalt**

METHOD:

1. Place the stock cubes and 800ml boiling water in a large saucepan and bring to the boil. Add the lemongrass, chilli, white parts of the pak choi and noodles and simmer gently, covered for 5 minutes.
2. Add the green parts of the pak choi, king prawns, coriander, fish sauce and **LoSalt**, cook for 1-2 minutes until the prawns are pink and cooked through.
3. Serve in 2 soup bowls.

Each serving contains



of your guideline daily amount

COOKS TIP:

Try using egg noodles or folded rice noodles and replace the prawns with roasted shredded chicken.