



Curry Noodles

QUICK MEALS: PANTRY/FREEZER
INGREDIENTS

Serves 3-4 adults.

Ingredients:

- Dried mushrooms(100 grams/3.5 ounces) or substitute for other frozen vegetables (corn and cauliflower work really well in this recipe)
- Thin rice vermicelli noodles (200 grams/7.1 ounces - 4 bundles)
- Firm Tofu (150-200 grams/5.3-7.1 ounces)
- Frozen long beans - 1 cupCoconut milk - 1 can (400mls/1.7cups)
- Water - 3 cups(for the soup base - this is the total amount and includes the mushroom soaking liquid should you choose to use it)
- Curry powder - 1 tablespoon
- Lime juice - 2-3 tablespoons
- Palm sugar or regular sugar - 1 tablespoon
- Salt to taste
- Optional: Red chili flakes

Method:

Important note regarding dried mushrooms: It's essential that you are familiar and enjoy the taste of the dried mushrooms you're using to cook this recipe if you don't like the flavor don't include them at all. Dried mushrooms often have a very strong earthy flavor, unlike fresh mushrooms which have a more subtle flavor. Also, dried mushrooms have different flavors depending on the variety, you make like some and not others. If you're not a mushroom fan, replace it with a combination of frozen corn and cauliflower. If you are using dried mushrooms soak in warm water for at least 30 minutes, you can either use the soaking liquid as the flavor base for your broth or plain water, either way, you need a total of 3 cups of water for the recipe.

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Then in a bowl place your noodles and cover with boiling water and allow to soften/cook as you move on with the rest of the recipe.

In a pot on high heat, add your 3 cups of water (either plain water or a combination of your mushroom soaking liquid and plain water)

Add your tofu, curry powder, salt, sugar and half of your lemon juice. Add your coconut milk and beans (and frozen corn/other vegetables if mushrooms have been omitted)

Allow soup to come to the boil, once the soup has come to the boil adjust your seasoning - adding more salt or lemon juice.

Ensure that the seasoning is to your liking before you add your noodles.

Finally, add your soaked noodles, cook for a couple of minutes and then you're ready to serve.

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