



SuperQuick Shrimp Tom Yum Soup

with Lemongrass, Bok Choy and Ramen

15-Min Meal

Spicy

Preparation time : 15 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-CA/recipes/superquick-shrimp-tom-yum-soup-16>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

No special utensils

Ingredients for 1-6 people

Ingredient	2p	4p	6p
Shrimp (g)	285	570	855
Ramen Noodles (g)	100	200	300
Shanghai Bok Choy (unit(s))	1	2	3
Carrot (unit(s))	1	2	3
Lemongrass (unit(s))	1	2	3
Lime (unit(s))	1	2	3
Cilantro (g)	7	14	21
Ginger-Garlic Puree (tbsp)	2	4	6
Red Curry Paste (tbsp)	4	8	12
Vegetable Stock Powder (g)	7½	15	22½
Chili-Garlic Sauce (tbsp)	1	2	3
Fish Sauce (tbsp)	1	2	3
Sugar (tsp)	¼	½	
Oil (tbsp)	½	1	
Salt (tsp)	0,13	¼	
Pepper (tsp)	0,13	¼	
Add yourself			

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Calories	410 kcal
Fat	10 g
Saturated Fat	1.5 g
Carbohydrate	55 g
Sugar	11 g
Dietary Fiber	6 g
Protein	29 g
Cholesterol	180 mg
Sodium	2200 mg
Trans Fat	0 g
Potassium	800 mg
Calcium	200 mg
Iron	4 mg

Allergens

Shrimp, Wheat, Soy, Sulphites, Anchovies, May contain traces of allergens, Egg, Gluten, Milk, Tree nuts, Peanuts, Sesame, Fish, Crustaceans, Mustard

Always check the product labels for allergen information.



Cook carrots

- Before starting, wash and dry all produce.
- Heat a large pot over medium-high.
- Peel, then halve carrot lengthwise. Cut into 1/8-inch half-moons.
- When the pot is hot, add 1/2 tbsp (1 tbsp) oil, then carrots. Cook for 5-6 min, stirring occasionally, until softened. Season with salt and pepper.



Prep

- Meanwhile, cut bok choy into 1/2-inch pieces. Rinse bok choy leaves to wash away any dirt.
- Juice lime.
- Remove outer layer of lemongrass, then halve crosswise. Place on a cutting board. Using the back of a spoon or a pot, forcefully hit lemongrass to crush.
- Using a strainer, drain and rinse shrimp. Pat dry with paper towels. Season with salt and pepper.



Simmer broth and cook shrimp

- To the pot with carrots, add lemongrass, curry paste, ginger-garlic puree, chili-garlic sauce and 1 tbsp (2 tbsp) lime juice. Stir to combine. Cook for 30 sec, until fragrant.
- Add stock powder, 1/4 tsp (1/2 tsp) sugar and 3 cups (6 cups) water. Cover and bring to a boil over high.
- Once boiling, reduce heat to medium. Cover and cook for 4-5 min, stirring occasionally, until broth reduces slightly.
- Remove and discard lemongrass.
- Add bok choy and shrimp. Cook for 3-4 min, lifting the lid to stir occasionally, until firm and opaque.**



Cook noodles and serve

- Return broth to a boil.
- Once boiling, add ramen noodles. Cook uncovered for 1-2 min, until tender.
- Remove from heat, then add fish sauce. Stir to combine.
- Divide noodle soup between bowls.
- Tear cilantro over top.



Step 5

If you've opted to get shrimp, using a strainer, drain and rinse shrimp. Pat dry with paper towels. Season with salt and pepper.



Step 6

Add shrimp along with bok choy. Cook for 3-4 min, lifting the lid to stir occasionally, until firm and opaque.** Disregard instructions to break into bite-sized pieces.

Enjoy your meal!