

Lunch

Thai Prawn Soup

218
kcal



Serves 2

300ml (½ pint) stock
1 lemon grass stalk, chopped
2 kaffir lime leaves, shredded
1 clove garlic, crushed (or 1 tsp minced/chopped garlic)
1 fresh red chilli, diced or shredded
1 tbsp Thai fish sauce
3 spring onions, sliced
100g (3½oz) mangetout
200ml (7floz) reduced-fat coconut milk
juice of 1 lime (or 2 tbsp bottled juice)
300g (10oz) shelled raw tiger prawns
30g (1oz) rice noodles, dry weight
freshly ground black pepper
2 tbsp chopped fresh coriander
160g (5½oz) pak choi

Put the stock, lemon grass, kaffir lime leaves, garlic, chilli and Thai fish sauce in a saucepan and bring to the boil. Reduce the heat to a gentle simmer and cook for 10 minutes.

Add the spring onions, mangetout, coconut milk and lime juice. Simmer gently for 10 minutes.

Add the prawns and noodles.

Cook gently for about 4 minutes, until the prawns turn pink and the noodles are soft. Season with a grinding of black pepper.

In the meantime, split the pak choi into quarters and grill under a medium grill or on a griddle pan until slightly charred on each side.

Ladle into 2 serving bowls, scatter with coriander and top with the pak choi.

Tip

You could vary this by using a mix of fish/seafood – mussels, squid, prawns, white fish – and adding any vegetables of your choice.