

Foodnity Recipes

Thai Vegetable Noodle Soup Recipe for Easy Meals

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Thai** Cuisine

Ingredients

The Broth Base

- [ ] 1 tbsp coconut oil
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp fresh ginger, grated
- [ ] 4 cups vegetable broth
- [ ] 1 can (14oz) full-fat coconut milk
- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp maple syrup
- [ ] 1 tbsp lime juice

The Hearty Bits

- [ ] 2 carrots, thinly sliced
- [ ] 1 red bell pepper, sliced
- [ ] 2 cups bok choy, chopped
- [ ] 1 cup sliced mushrooms
- [ ] 8oz rice noodles
- [ ] Fresh cilantro and lime wedges for garnish

Instructions

1. Heat the coconut oil in a large pot over medium heat. Add your minced garlic and grated ginger, sautéing them gently for about 2-3 minutes until they smell warm and fragrant.
2. Pour in the vegetable broth, soy sauce, and maple syrup. Bring the mixture to a gentle simmer, letting the flavors get to know each other for a few minutes.
3. Stir in the sliced carrots and mushrooms. Let them cook for about 5 minutes before adding the red bell pepper and bok choy. We want the greens to stay vibrant, not overcooked.
4. Lower the heat and stir in the coconut milk. Be gentle here; we don't want it to boil over. Let it warm through for about 3 minutes.
5. Stir in the lime juice and turn off the heat. If you've pre-cooked your rice noodles, fold them in now. If not, divide the noodles into bowls and pour the hot soup over them.
6. Ladle the soup into bowls and garnish with a handful of fresh cilantro and an extra squeeze of lime.

Nutrition per serving

310 kcal	8 g	28 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the broth feels too thick, you can thin it out with a splash of water or more veg broth.
- For a more authentic touch, add a stalk of bruised lemongrass to the broth and remove it before serving.
- Always store the noodles separately from the broth in the fridge to prevent them from absorbing all the liquid.