

Vegetable tom yum soup

Ingredients

Serves 2

- 50 grams rice noodles
- 1 tablespoon oil
- 1 eggplant, diced
- 1-2 tablespoons tom yum paste
- 1½ cups water
- ½ vegetable stock cube
- ¼ cup coconut milk
- 2 bok choy, coarsely chopped
- 200 grams tofu, diced
- 1 tablespoon lemon or lime juice
- 1 cup bean sprouts
- 1 spring onion, sliced
- ¼ cup chopped fresh coriander

Method












1. Bring a medium saucepan of water to the boil, then carefully add noodles. Reduce heat and simmer for 5-8 minutes or until tender, then drain, rinse and run under cold water. Leave to one side.
2. Heat oil in a large saucepan over low heat.
3. Add eggplant and cook, stirring for 5 minutes.
4. Add tom yum paste, water, stock and coconut milk. Bring to the boil then reduce heat and simmer covered for 10 minutes or until eggplant has softened.
5. Stir bok choy and tofu into soup and bring back to a simmer.
6. Remove from heat and stir lemon juice into soup.
7. Mix bean sprouts, spring onions and coriander together in a bowl.
8. Divide noodles among serving bowls.
9. Ladle soup over noodles and sprinkle with sprouts, spring onion and coriander mixture.

Variation

- Use other seasonal vegetables in place of mung bean sprouts, e.g. sliced cucumber, chopped broccoli, diced capsicum.



Equipment

-  Bowls
-  Colander
-  Cutting board and knife
-  Kitchen scales
-  Ladle
-  Measuring cups
-  Measuring spoons
-  Large saucepan with lid
-  Medium saucepan
-  Serving spoon
-  Wooden spoon

Preparation and cooking skills

Boil, chop, dice, drain, simmer, slice, stir.

Nutrition

- Thai food is well known for its strong aromatic flavours, spiciness and use of a variety of vegetables.
- Vegetables contain phytochemicals or plant chemicals. These can help to keep you healthy and stop you from getting sick.