



Thai Red Curry Noodle Soup

Ingredients:

- 1 tablespoon coconut oil or vegetable oil
- 1 large onion, finely chopped
- 3-4 cloves garlic, minced
- 1 tablespoon fresh ginger, minced
- 3 tablespoons Thai red curry paste (ensure it's vegan)
- 1 red bell pepper, thinly sliced
- 1 medium zucchini, sliced
- 1 cup broccoli florets
- 1 cup carrots, julienned or thinly sliced
- 1 cup mushrooms (shiitake or button), sliced
- 1 can full-fat coconut milk
- 4 cups vegetable broth
- 2 tablespoons soy sauce or tamari
- 1 tablespoon lime juice
- 1-2 teaspoons maple syrup or sugar (optional, to balance flavors)
- 200g (about 7 oz) rice noodles or thin noodles of choice
- 1 block (200g) firm tofu or tempeh, cubed (optional)
- Fresh cilantro, chopped (for garnish)
- Fresh basil or Thai basil (for garnish)
- Lime wedges (for serving)
- Sliced red chili or chili flakes (optional, for extra heat)

Instructions:

1. **Prepare the Base:** In a large pot, heat coconut oil over medium heat. Add the chopped onion and sauté for 4-5 minutes until soft and translucent.
2. **Add Aromatics:** Add minced garlic and ginger, and cook for another 1-2 minutes until fragrant. Stir in the red curry paste, cook for an additional 2 minutes to release flavors.
3. **Cook the Vegetables:** Add red bell pepper, zucchini, broccoli, carrots, and mushrooms. Cook for about 5-7 minutes, stirring occasionally, until the vegetables begin to soften.
4. **Create the Soup Base:** Pour in the coconut milk and vegetable broth, stirring to combine. Bring the mixture to a simmer and let it cook for 10 minutes, allowing the flavors to meld together.
5. **Season the Soup:** Add soy sauce (or tamari), lime juice, and maple syrup (if using) to balance the flavors. Taste and adjust seasoning as needed.
6. **Prepare the Noodles:** While the soup is simmering, cook the rice noodles according to the package instructions. Drain and set aside.
7. **Add Tofu (Optional):** If using tofu or tempeh, add the cubed pieces to the soup and simmer for another 5 minutes to warm through.
8. **Assemble the Soup:** Divide the cooked noodles among serving bowls. Ladle the hot curry soup over the noodles, ensuring a good mix of vegetables and broth in each bowl.
9. **Garnish and Serve:** Garnish with fresh cilantro, basil, and lime wedges. Add sliced red chili or chili flakes for extra heat, if desired.