



READY TO COOK
BY HARRIS FARM

THAI STYLE ZUCCHINI SOUP



PREP
10 min



COOK
45 min



SERVES
6

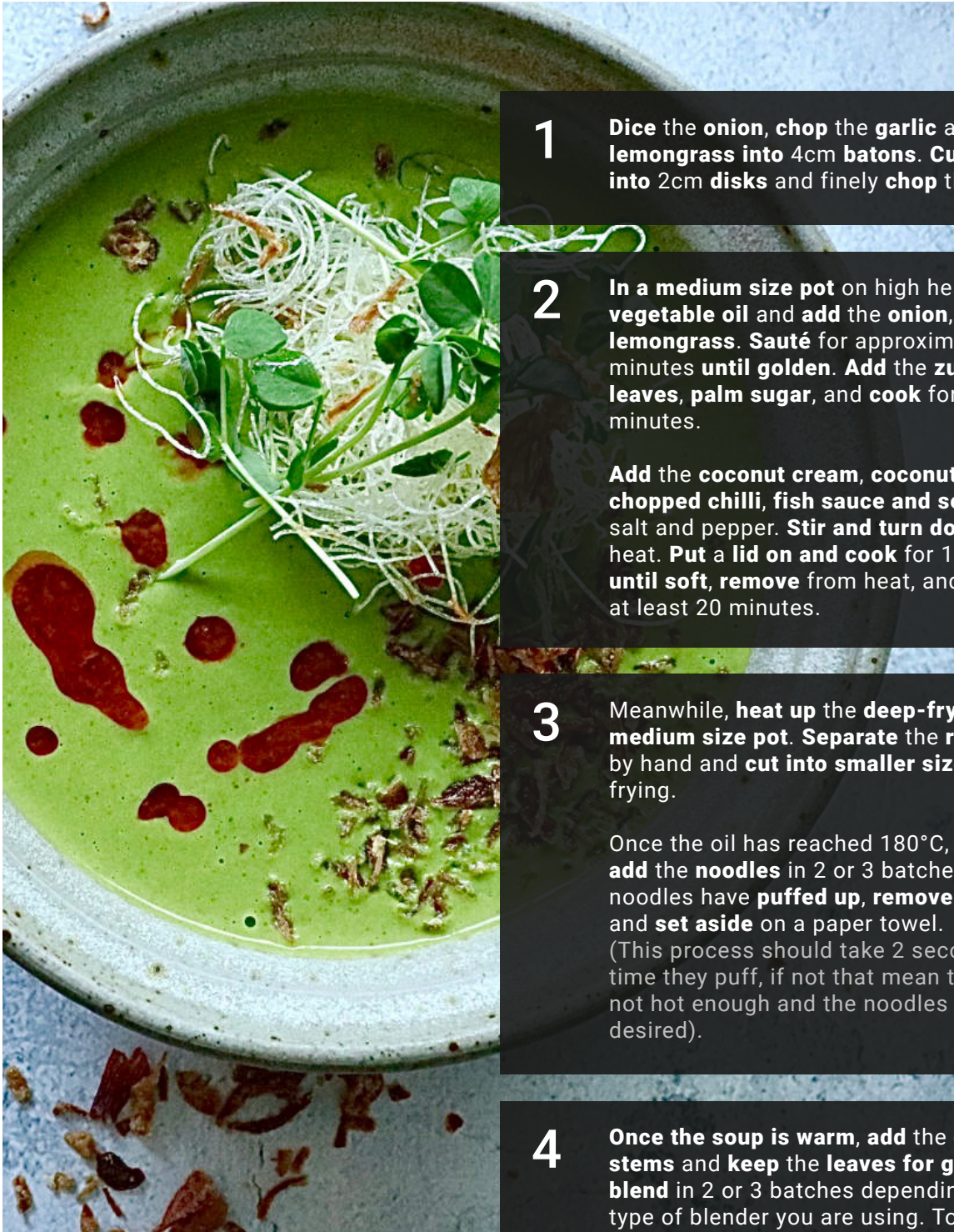
INGREDIENTS:

- > 250g Rice Noodles
- > 1 Onion
- > 3 Garlic Cloves
- > 16g Lemongrass
- > 1kg Imperfect Zucchini
- > 2 Lime Leaves
- > 1 Tbsp Palm sugar
- > 400ml Coconut Cream
- > 400ml Coconut Milk
- > 1 Bird Eye Chilli
- > ½ Tbsp Fish Sauce
- > ¼ Bunch Coriander

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > Chilli Sauce
- > 2 Cups Deep Frying Oil

METHOD – GET COOKING!



1 Dice the onion, chop the garlic and cut the lemongrass into 4cm batons. Cut the zucchini into 2cm disks and finely chop the chilli.

2 In a medium size pot on high heat, drizzle vegetable oil and add the onion, garlic and lemongrass. Sauté for approximately 4 minutes until golden. Add the zucchini, lime leaves, palm sugar, and cook for another 4 minutes.

Add the coconut cream, coconut milk, chopped chilli, fish sauce and season with salt and pepper. Stir and turn down to a low heat. Put a lid on and cook for 15-20 minutes until soft, remove from heat, and let it cool for at least 20 minutes.

3 Meanwhile, heat up the deep-frying oil in a medium size pot. Separate the rice noodles by hand and cut into smaller sizes for deep frying.

Once the oil has reached 180°C, carefully add the noodles in 2 or 3 batches. After the noodles have puffed up, remove from the oil and set aside on a paper towel. (This process should take 2 seconds by the time they puff, if not that mean that your oil is not hot enough and the noodles wont crisp as desired).

4 Once the soup is warm, add the coriander stems and keep the leaves for garnishing, blend in 2 or 3 batches depending on what type of blender you are using. To prevent getting burnt, don't overload the blender.

Serve Thai zucchini soup with crispy rice noodles, coriander, lime juice as you desire and your favourite chilli sauce.

ABOUT YOUR LEFTOVER INGREDIENTS...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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