



**COOKING**

CULTURALLY



# CREAMY CARROT SOUP

**Thailand**

Serves 4

## **Buy it**

2 cups chicken stock  
500 grams carrots, peeled and chopped  
1 medium onion, diced  
1 clove garlic, crushed  
2 teaspoons ginger, finely grated  
1-2 teaspoons Thai red curry paste  
salt and cracked pepper  
185 grams silken tofu, drained  
(alternatively, replace with a small tin  
of coconut milk)  
1 tablespoon fresh mint, chopped

## **Do it**

place stock in large saucepan with carrots,  
onion, garlic and ginger. Bring to the boil  
cover and simmer for 15-20 minutes or  
until carrots are tender  
stir in curry paste and season to taste  
with salt and pepper. Simmer, stirring for  
1 minute to blend flavours. Remove from  
heat and set aside to cool  
add tofu and puree in batches until smooth  
stir through mint



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# THAI JUICY CHICKEN NOODLES

Serves 4

## **Buy it**

200 grams of dried rice noodles  
2 tablespoons vegetable oil  
2 cloves garlic, chopped  
1 chicken breast fillet, sliced  
Chilli powder to taste  
1 tablespoon sugar  
1 teaspoon vinegar  
1 tablespoon fish sauce  
2 eggs, lightly beaten  
1 cup bean sprouts  
1 lime, cut into segments  
1 handful unsalted peanuts, chopped

## **Do it**

- soak rice noodles in hot water for 20 minutes to soften, drain and rinse under cold water
- heat oil in large frypan, sauté garlic, add chicken and chilli powder and fry until cooked
- add sugar and stir
- stir in drained noodles, vinegar and fish sauce. Heat through
- stir in egg and cook to coat noodles
- add bean sprouts and stir
- serve with lime segments and a sprinkle of peanuts