

Thai Green Curry Soup

Ingredients

10ml chilli oil

50g onion, finely chopped

120g Thai Green Curry sauce*

50g cooked 'free' vegetables (e.g. aubergine, peppers, French beans)

200ml low protein milk

100ml vegetable stock*

*check protein content on label

Method

1. Heat the oil in a pan.
2. Add the vegetables and fry for 1-2 minutes on a low heat.
3. Stir in the sauce and heat for 1 minute; add the stock and the low protein milk and heat gently for 4-5 minutes.
4. Serve immediately with low protein rolls.