



Nutrition Facts

Serving Size	1 12th recipe
Amount Per Serving	
Calories	510
% Daily Value	
Total Fat	34g52%
Saturated Fat	13g65%
Cholesterol	165mg55%
Sodium	2100mg88%
Total Carbohydrate	34g11%
Dietary Fiber	2g8%
Protein	23g46%
Vitamin A	%Vitamin C
Calcium	%Iron



Total Time
**NOT
AVAILABLE**

Serving Size
1 12TH RECIPE

Difficulty
EASY

Yields
12

INSTRUCTIONS

1. Prepare soup as directed.
2. Sauté carrots, red peppers, curry paste, garlic and ginger in oil for 2 to 3 minutes or until vegetables are tender-crisp.
3. Stir vegetable mixture and seafood mix into soup; bring to simmer. Cook for 3 to 5 minutes or until seafood is cooked through.



Tip

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 2 tsp (10 mL) each green onions and cilantro.