



Nutrition Facts

Serving Size	1 12th recipe
Amount Per Serving	
Calories	240
% Daily Value	
Total Fat	14g22%
Saturated Fat	4.5g23%
Cholesterol	25mg8%
Sodium	1270mg53%
Total Carbohydrate	20g7%
Dietary Fiber	2g8%
Protein	8g16%
Vitamin A	%
Calcium	%
Vitamin C	%
Iron	%



Total Time
**NOT
AVAILABLE**

Serving Size
1 12TH RECIPE

Difficulty
EASY

Yields
12

INSTRUCTIONS

1. Prepare soup with water as directed.
2. Sauté curry paste for 2 to 3 minutes or until fragrant.
3. Stir curry paste and butter chicken sauce into soup; bring to simmer. Cook for 5 to 8 minutes or until fragrant. Stir in peas; simmer for 3 to 5 minutes or until heated through.



Tip

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 1 tbsp (15 mL) yogurt and 2 tsp (10 mL) cilantro.