



Nutrition Facts

Serving Size 1 1/2 cups

Amount Per Serving

Calories 240

% Daily Value

Total Fat 14g **22%**

Saturated Fat 4.5g **23%**

Cholesterol 25mg **8%**

Sodium 1270mg **53%**

Total Carbohydrate 20g **7%**

Dietary Fiber 2g **8%**

Protein 8g **16%**

Vitamin A % Vitamin C %

Calcium % 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.