



PRICE: \$11.50 CA | \$10.50 US  
 VOLUME: 55 g (1.9 oz)

**FLAVOUR PROFILE**

Fragrant, flavourful blend of coconut and lime with notes of ginger and tamarind.

**FEATURES & BENEFITS**

No artificial colour or flavours.

Blend and recipe on pack are vegan. Enjoy 16 g protein per 1½ cups serving.

Customize and make with shrimp or chicken.

An at-home restaurant favourite, in less than 20 minutes!

**LABEL DIRECTIONS**

Makes 4 servings (about 6 cups).

Dice 1 large, unpeeled sweet potato into small cubes, about 2 cups. Place in an **Epicure Steamer**; cover and microwave on high for 6 min. In a wok, combine seasoning with 2 cups hot water and 1 can (14 oz/ 398ml) coconut milk. Cover and bring to a boil. Reduce heat to a simmer. Prep veggies: 2 cups coarsely chopped baby bok choy, 1½ cups cubed medium-firm tofu, and 1 cup sliced mushrooms. Stir into coconut mixture along with sweet potatoes; simmer for 1 min. Add a squeeze of lime, if desired.

OPTION: Replace tofu with cooked chicken or shrimp

**INGREDIENTS LIST\***

Basil, chilies, chives, garlic, ginger, inactive nutritional yeast, organic coconut palm sugar organic lime powder, organic tamari powder (organic soybeans, salt, organic maltodextrin), red bell pepper, sea salt, tamarind.

**ALLERGENS AND SENSITIVITIES:**

Soy, garlic.

\*Ingredient list is in alphabetical order for proprietary reasons.

**RECIPE IDEAS**

- Make a dressing: whisk together ½ pkg seasoning, ⅓ cup oil, 1 tbsp maple syrup, and juice from 1 lime.
- Combine seasoning with 1 can (14 oz/398 ml) coconut milk, bring to a boil, and simmer until reduced to make a sauce.
- Add ramen noodles to the soup.

**FYI**

Full fat coconut milk is used in the recipe on pack because the flavour is creamy and delicious. One serving (about 1½ cups) contains 19 g fat and 13 g saturated fat. To lower the amount of fat in the recipe, simply use light coconut milk.

**TASTING TIP**

Prepare soup as a main course for a Cooking Class. Pairs well with **Good Asian. Real Fast.™ Collection.**

**COMPANION PRODUCTS**

Check [epicure.com](http://epicure.com) for current availability.

**FOOD & BEVERAGES:**

- **Azteca Tortilla Soup Seasoning**
- **Hearty Minestrone Soup Seasoning**
- **Wintry Mushroom Soup Seasoning**
- **Souper Super Collection**

**COOKWARE:**

- **2-in-1 Citrus Press**
- **Multipurpose Steamer**
- **Round Steamer**
- **Wok & Glass Lid**

\*US Nutritional Facts Table may vary due to FDA regulations. Find US Nutritional Facts Tables at [epicure.com](http://epicure.com).

Nutrition Facts Valeur nutritive		
Per 1/4 package dry mix (14 g) / Par 1/4 du sachet de mélange (14 g) About 1 1/2 cups prepared / Environ 1 1/2 tasse préparée		
	Dry Mix / Mélange	Prepared / Préparé
<b>Calories</b>	<b>45</b>	<b>340</b>
% Daily Value* / % valeur quotidienne*		
<b>Fat / Lipides</b> 0.3 g <sup>†</sup>	1 %	25 %
Saturated / saturés 0.1 g		
Trans / trans 0 g	1 %	65 %
<b>Carbohydrate / Glucides</b> 9 g		
Fibre / Fibres 2 g	7 %	21 %
Sugars / Sucres 4 g	4 %	10 %
<b>Protein / Protéines</b> 2 g		
<b>Cholesterol / Cholestérol</b> 0 mg		
<b>Sodium</b> 240 mg	10 %	15 %
Potassium 200 mg	4 %	15 %
Calcium 30 mg	2 %	23 %
Iron / Fer 1 mg	6 %	42 %

\*Amount in dry mix / Teneur dans le mélange.  
<sup>†</sup>Prepared adds 300 Calories, 19 g Fat (13 g Saturated), 21 g Carbohydrate (4 g Fibre, 6 g Sugars), 14 g Protein, 100 mg Sodium. / La recette préparée ajoute 300 Calories, 19 g Lipides (13 g saturés), 21 g Glucides (4 g Fibres, 6 g Sucres), 14 g Protéines, 100 mg Sodium.  
 \*5 % or less is a little, 15 % or more is a lot.

**WE KEEP IT SIMPLE: CLEAN INGREDIENTS, ALWAYS.**

- Free of preservatives and artificial colors.
- 100% gluten-free and nut-free.
- Sodium and sugar conscious.
- Made from ethically sourced ingredients.
- 90% Non-GMO Project Verified.