

HEALTHY COOKING

LAKSA



Laksa Paste: Blend all ingredients until a smooth paste is formed.

Soup: Heat oil in a large pan, add the laksa paste and cook until aromatic, about 1 minute. Add the stock, coconut milk, snow peas, spring onion and tofu (or precooked chicken/prawns), simmer for 5 minutes. Pour in the lime juice and season to taste with Lite Seasoner. Divide among 2 bowls and serve with the coriander.

Each serving:

Protein: tofu 13g, chicken 20g, prawns 24g

Carb: tofu 7.9g, chicken or prawn 6.5g

Oil: 12.5ml

SERVES 2

INGREDIENTS

Laksa paste:

- ▶ 1 tsp each: ground coriander, cumin and turmeric
 - ▶ ½ onion, chopped
 - ▶ 2 tsp fresh ginger, chopped
 - ▶ 2 cloves garlic, chopped
 - ▶ 1 chilli, chopped
 - ▶ 1 Tbs lemon grass, chopped
 - ▶ 2 Tbs coconut milk
 - ▶ 1 tsp shrimp past OR fish sauce
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- ▶ 200g tofu, cooked chicken or cooked prawns
 - ▶ 2 Tbs peanut oil
 - ▶ 370ml coconut milk
 - ▶ 370ml vegetable or chicken stock
 - ▶ 125g snow peas, halved diagonally
 - ▶ 2 spring onions, cut into 3cm lengths
 - ▶ 2 Tbs lime juice
 - ▶ 100g bean sprouts
 - ▶ ½ cup fresh coriander leaves

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