



U C O O K

— COOKING MADE EASY

CREAMY COCONUT LAKSA

with butternut, rice noodles & fresh lime

Laksa is a rich, Southeast Asian noodle soup with a spicy coconut milk base. Indulge in a smooth spinach and butternut curry sauce, with the crunchy contrast of carrot, cabbage, sesame seeds, and cashews.

Hands-On Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Runet Van Heerden

 **Vegetarian**

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Ingredients & Prep

10g	Cashew Nuts
15ml	Thai Red Curry Paste
150g	Butternut Chunks <i>cut into small pieces</i>
75g	Shredded Red Cabbage & Carrot Mix
1	Spring Onion <i>finely sliced</i>
5ml	Black Sesame Seeds
1	Lime <i>zested & cut into wedges</i>
200ml	Coconut Milk
50g	Flat Rice Noodles
100g	Spinach <i>rinsed & shredded</i>
3g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. BEFORE YOU GET GOING Read the whole recipe. You'll find the ingredient prep instructions displayed in the ingredient list, directly under the item they apply to.

2. TOASTY CASHEWS Place the cashews in a pot over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pot on completion and set aside. Roughly chop when cool enough to handle.

3. TIME TO RE-LAKSA Return the pot to a medium heat with a drizzle of oil. When hot, fry half of the curry paste to taste (it's spicy!) for about a minute, quickly breaking it up as it cooks. Add the butternut pieces and fry for 3-5 minutes, shifting frequently to coat. Pour in 250ml of water and bring to a gentle simmer. Allow to cook for 6-7 minutes until the butternut can be easily pierced with a knife, but isn't fully cooked through.

4. FRESHEN UP Place half of the cabbage and carrot mix in a bowl with the chopped coriander, sliced spring onion, and black sesame seeds. Toss together with some lime juice, lime zest, oil, and seasoning to taste.

5. FINISHING TOUCHES Taste the laksa and mix in more curry paste to your preference. Stir through the coconut milk and rice noodles and bring back up to a simmer. Cook for 5-6 minutes until the noodles are al dente and the butternut is cooked through. At the halfway mark, stir in the shredded spinach and the rest of the cabbage and carrot mix. Simmer for the remaining time, stirring occasionally. Remove from the heat on completion and add some lime juice, lime zest, and seasoning to taste.

6. LUSCIOUS LAKSA Serve up a delectable bowl of Thai red laksa and top with the colourful salad. Sprinkle over the toasted cashews and garnish with a lime wedge. Sublime, Chef!

Nutritional Information

Per 100g

Energy	476kj
Energy	144Kcal
Protein	2.2g
Carbs	13g
of which sugars	2g
Fibre	1.7g
Fat	6g
of which saturated	4.4g
Sodium	250mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts

Cook
within 3
Days