



UCCOOK

Thai Coconut Laksa

with rice noodles & pak choi

Hands-on Time: 50 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Groote Post Winery | Groote Post Seasalter Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	454kJ	3494kJ
Energy	109kcal	836kcal
Protein	2g	15.1g
Carbs	17g	130g
of which sugars	3.3g	25.5g
Fibre	1.5g	11.6g
Fat	3.7g	28.4g
of which saturated	2.6g	19.8g
Sodium	132mg	1019mg

Allergens: Sulphites, Tree Nuts, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1000g	Sweet Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
30g	40g	Cashew Nuts <i>roughly chop</i>
2	2	Onions <i>peel & finely slice 1½ [2]</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
45ml	60ml	Spice & All Things Nice Thai Red Curry Paste
450ml	600ml	Coconut Milk
225g	300g	Flat Rice Noodles
300g	400g	Pak Choi
22,5ml	30ml	Lime Juice
2	2	Spring Onions <i>rinse, trim & finely slice</i>

From Your Kitchen

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

1. SWEET POTATO Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. INTO THE PAN Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. PREP THE PAK CHOI Trim the pak choi at the base, separate leaves and rinse thoroughly. Roughly chop the pak choi stems and set aside.

4. SMELL THOSE AROMAS Place a pot over medium heat with a drizzle of oil. When hot, fry the onion and pak choi stems until golden, 6-7 minutes (shifting occasionally). Add the ginger, the curry paste, and fry until fragrant, 1-2 minutes (shifting constantly). Add in the coconut milk and mix until smooth. Add the noodles and 450ml [600ml] of water. Cover and simmer, stirring occasionally to submerge the noodles in the sauce as they start to soften, 8-10 minutes. In the final 1-2 minutes, add the pak choi leaves and simmer until cooked through.

5. EARTHY SPINACH

6. LEKKER LAKSA Bowl up the laksa and top with the sweet potato. Garnish with spring onion and cashews. Now, it's time to munch!

Chef's Tip