



UCCOOK

Butternut & Coconut Curry Laksa

with rice noodles, spinach, piquanté peppers & peanuts

Light but luscious, this popular Southeast Asian curried noodle soup will fill you up but not weigh you down. Its creamy coconut milk, peanut butter, and tamari sauce will sweep you off your feet, while giant peanuts give you an extra kick of protein.

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jess Bunn

 Vegetarian

 Delheim Wines | Pinotage Rosé

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Ingredients & Prep

1	Onion <i>one ½ peeled & finely diced</i>
200g	Butternut Chunks <i>cut into bite-sized pieces</i>
15g	Peanuts
60g	Chickpeas <i>drained & rinsed</i>
15ml	Story Time Spicy Peanut Butter
15ml	Tamari
100ml	Coconut Milk
50g	Flat Rice Noodles
100g	Spinach <i>rinsed & roughly shredded</i>
1	Lime <i>zested & cut into wedges</i>
25g	Sliced Piquanté Peppers <i>drained & roughly chopped</i>
3g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. GET STARTED Place a pot for the laksa over a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Add in the butternut pieces and stir through a splash of water to cover the base of the pot. Pop on a lid and allow to simmer for 15-20 minutes, stirring occasionally, until the butternut is cooked through but not too soft.

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

3. SOME MORE TOASTING Return the pan to a medium heat with a drizzle of oil. When hot, fry the drained chickpeas for 15-20 minutes until crispy and caramel in colour, shifting occasionally. If they start to pop out, use a lid to rein them in! Remove the pan from the heat on completion.

4. WHILE THE CHICKPEAS ARE POPPING OFF... When the butternut is cooked, transfer to a bowl and add in the peanut butter, tamari, and coconut milk. Mash with a fork or potato masher until smooth and combined. For a silkier sauce, use a blender if you have one. Return to the pot over a medium heat. Add the noodles and stir in 150ml of water. Replace the lid and simmer for 4-5 minutes. Stir occasionally, submerging the noodles in the sauce as they start to soften.

5. LOOKING GOOD Stir through the shredded spinach and cook for a further 3-4 minutes. On completion, the spinach should be wilted, the noodles should be cooked through, and the sauce should be thick. Remove from the heat and mix in some lime juice, zest, and seasoning – all to taste.

6. LUSCIOUS LAKSA Bowl up the creamy butternut laksa. Top with the chopped peanuts, crunchy chickpeas, and chopped piquanté peppers. Garnish with the chopped coriander and a lime wedge. That was easy... Now, it's time to munch!



Chef's Tip

Tamari is naturally salty, so be careful when seasoning this meal with salt.

Nutritional Information

Per 100g

Energy	503kj
Energy	120Kcal
Protein	3.7g
Carbs	14g
of which sugars	2.7g
Fibre	2.4g
Fat	4.9g
of which saturated	2.4g
Sodium	280mg

Allergens

Allium, Peanuts, Sulphites, Soy

Cook
within 2
Days