



UCCOOK

Thai Coconut Laksa

with rice noodles & spinach

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Groote Post Winery | Groote Post Pinch of Salt Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	511kJ	3038kJ
Energy	122kcal	726kcal
Protein	2.3g	13.7g
Carbs	17.9g	106.1g
of which sugars	2.9g	17g
Fibre	1.6g	9.6g
Fat	4.7g	28.2g
of which saturated	3.3g	19.7g
Sodium	259mg	1537mg

Allergens: Sulphites, Tree Nuts, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Sweet Potato Chunks <i>cut into bite-sized chunks</i>
10g	20g	Cashew Nuts <i>roughly chop</i>
1	1	Onion <i>peel & finely slice ½ [1]</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
15ml	30ml	Spice & All Things Nice Thai Red Curry Paste
150ml	300ml	Coconut Milk
75g	150g	Flat Rice Noodles
75g	150g	Spinach <i>rinse & shred</i>
7,5ml	15ml	Lime Juice
1	1	Spring Onion <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, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 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. SMELL THOSE AROMAS Place a pot over medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 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 150ml [300ml] of water. Cover and simmer, stirring occasionally to submerge the noodles in the sauce as they start to soften, 6-8 minutes.

4. EARTHY SPINACH Stir through the spinach and cook until wilted, 2-3 minutes. Remove from the heat and mix in the lime juice (to taste) and season.

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