



UCCOOK

Thai Coconut Laksa

with rice noodles & pak choi

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

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 1	[Serves 2]	
250g	500g	Sweet Potato <i>rinse, peel (optional) & cut into bite-sized pieces</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
100g	200g	Pak Choi
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. 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, 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. 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