



UCOOK

Spectacular Sweet Potato Laksa

with rice noodles, wilted spinach & crunchy peanuts

A luscious Southeast Asian curried rice noodle soup with soft sweet potato. The rich lashings of creamy coconut milk, peanut butter and tamari sauce will sweep you off your feet, while the crunchy chickpeas and peanuts will lend an extra layer of texture!

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Jess Bunn

 Vegetarian

 Fat Bastard | Chenin Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

10g	Fresh Ginger <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
250g	Sweet Potato <i>cut into bite-sized chunks</i>
15g	Peanuts
60g	Chickpeas <i>drained & rinsed</i>
15ml	Story Time Plain 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>
4g	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 grated ginger and ½ of the sliced chilli for 1-2 minutes until fragrant, shifting constantly. Add in the sweet potato chunks and stir through a splash of water to cover the base of the pot. Pop on a lid and simmer for 15-20 minutes, stirring occasionally, until the potato 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 sweet potato 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 sweet potato laksa. Top with the chopped peanuts, crunchy chickpeas, and any remaining sliced chilli. 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	566kJ
Energy	135Kcal
Protein	4g
Carbs	16g
of which sugars	3.3g
Fibre	2.6g
Fat	5.3g
of which saturated	2.7g
Sodium	329mg

Allergens

Peanuts, Sulphites, Soy

Cook
within
4 Days