



UCCOOK

Thai Coconut Laksa

with rice noodles & spinach

Hands-on Time: 50 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	504kJ	3201kJ
Energy	120kcal	765kcal
Protein	2.1g	13.2g
Carbs	18g	117g
of which sugars	3.4g	21.5g
Fibre	1.6g	10.1g
Fat	4.3g	27.2g
of which saturated	3.1g	19.5g
Sodium	117mg	743mg

Allergens: Sulphites, Tree Nuts, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Sweet Potato Chunks <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
150g	200g	Spinach <i>rinse</i>
30ml	40ml	Lime Juice
2	2	Spring Onions <i>rinse, trim & finely slice</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Oil (cooking, olive or coconut)

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. SMELL THOSE AROMAS Place a pot over medium heat with a drizzle of oil. When hot, fry the onion 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 2-3 minutes, add the spinach and simmer until wilted.

4. LEKKER LAKSA Bowl up the laksa and top with the sweet potato. Drizzle over the lime juice (to taste). Garnish with spring onion and cashews. Now, it's time to munch!