



Prawn and Coconut Laksa

with charred garlic pak choi

Calorie Smart Quick Cook 20-25 mins • Spicy • Eat me first

12



Prawns



Coconut Milk



Udon Noodles



Carrot



Pak Choi



Thai Style Spice Mix



Chilli



Garlic



Korma Curry Paste



Vegetable Stock



Lime

Pantry Items: Salt, Water, Pepper, Oil

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, lid, pan with lid, pot

Ingredients

	2P	4P
Prawns	180 g	360 g
Coconut Milk	1 pack	2 packs
Udon Noodles	300 g	600 g
Carrot	1 unit	2 units
Pak Choi	1 unit	2 units
Thai Style Spice Mix	2 sachets	4 sachets
Chilli	1 unit	2 units
Garlic	1 unit	2 units
Korma Curry Paste	1 sachet	2 sachets
Vegetable Stock	1 sachet	2 sachets
Lime	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	539 g	100 g
Energy (kJ/kcal)	2322.1 kJ/ 555 kcal	430.8 kJ/ 103 kcal
Fat (g)	20.8 g	3.9 g
Sat. Fat (g)	15.1 g	2.8 g
Carbohydrate (g)	66.7 g	12.4 g
Sugars (g)	11.6 g	2.2 g
Protein (g)	26.1 g	4.8 g
Salt (g)	4 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

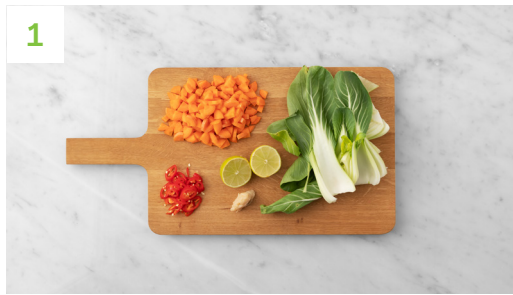
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Get Prepped

- Trim the **pak choi** then halve lengthways.
- Peel and grate the **garlic** (or use a garlic press).
- Trim the **carrot** then quarter lengthways (no need to peel). Chop widthways into small pieces.
- Halve the **lime**.
- Thinly slice the **chilli**.



Fry the Pak Choi

- While the laksa simmers, place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, lay in the **pak choi**. Season with **salt** and **pepper**.
- Cook on one side for 2 mins then turn over and cook for another 2 mins.
- Add the **garlic** to the **pak choi** and fry for 1 min. It should be slightly browned and charred.
- Add a splash of **water**, pop a lid (or some foil) on the pan and leave to steam for another 3 mins.



Cook the Prawns

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns** and **carrot**.
- Fry until **prawns** are cooked and **carrot** is softened, 4-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.



Finishing Touches

- When the laksa has 1 min of cooking time remaining, add the **noodles**.
- Stir carefully to separate the **noodles** and allow them to warm through.
- Season to taste with **salt, pepper** and a squeeze of **lime** juice.



Simmer the Laksa

- Add the **Thai spice** and **korma paste** and cook for 2-3 mins.
- Stir in the **coconut milk, stock powder** and 300ml **water** (double for 4p).
- Bring to the boil, cover and simmer for 8-10 mins.



Garnish and Serve

- Divide the **prawn** laksa between bowls.
- Top with **garlic pak choi** and sliced **chilli** (use less if you don't like spice).
- Cut any remaining **lime** into wedges and serve alongside.

Enjoy!