

Quick pumpkin and prawn laksa

Forget takeaway when in less than 30 minutes you can prep, cook and have this tasty Quick pumpkin and prawn laksa on the table.

- Serves: 4
- Cooktime: 15 mins
- Preptime: 10 mins + 5 mins soaking time



Ingredients

- 1/3 cup (100g) laksa paste
- 1 tbs finely grated ginger
- 1/2 stem lemongrass, coarsely chopped
- 4 lime leaves, coarsely torn
- 600g butternut pumpkin, peeled, seeded, cut into 1cm pieces
- 2 cups (500ml) salt-reduced fish or chicken stock
- 400ml can coconut milk
- 600g raw prawns, peeled leaving tails intact, deveined
- 1 bunch choy sum, trimmed
- 2 tbs lime juice
- 1 tbs brown sugar

- 2 tsp fish sauce
- 100g dried rice stick noodles
- Bean sprouts, to serve
- Coriander leaves, to serve
- Mint leaves, to serve
- Thinly sliced spring onion, to serve

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Heat a large saucepan over high heat. Add the laksa paste and cook, stirring, for 1 min or until aromatic. Add ginger, lemongrass and lime leaf and cook, stirring, for 30 secs. Add the pumpkin, stock, coconut milk and 2 cups (500ml) water. Bring to a simmer. Cook for 10 mins or until pumpkin is tender.

2. Step 2

Add prawns to the pumpkin mixture and cook for 3 mins or until the prawns curl and change colour. Stir in choy sum. Remove from heat. Add lime juice, sugar and fish sauce. Stir to combine.

3. Step 3

Meanwhile, place the noodles in a heatproof bowl and cover with boiling water. Set aside for 5 mins to soak. Drain well.

4. Step 4

Divide the noodles among serving bowls. Ladle over the soup. Top with bean sprouts, coriander, mint and spring onion. Serve immediately.