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ingredients to inspire...

THAI SALMON AND GLASS NOODLE LAKSA

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Brought to you by
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THAI SALMON AND GLASS NOODLE LAKSA

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Serves: 6

Ingredients

30ml sesame oil

½ medium onion, finely diced

1 tsp Thai red curry paste

200ml coconut milk

500ml vegetable stock

1 garlic clove, crushed

100g fresh butternut
squash, diced

150g glass noodles

200g bean sprouts,
finely chopped

3 fresh basil leaves, torn

6 salmon fillets (100g each)

2 spring onions, finely sliced

1 tbsp chopped fresh coriander

Method

1. Heat the sesame oil in a large saucepan and add the onion. Cook lightly over low heat for a minute and then add the curry paste and stir to combine. Pour in the coconut milk and stock, add the garlic, and leave to simmer for 10 minutes.
2. Add the squash and simmer for another 10 minutes or until the squash is tender, but still has a bite to it. Remove the soup from heat and put to one side, but be sure to keep it warm.
3. Prepare for cooking the salmon by heating a skillet pan on the stove over a high heat.
4. Cook the noodles in plenty of boiling water for 3 minutes and then drain. Divide these between 6 bowls.
5. Divide the bean sprouts between the bowls and sprinkle the basil on top of each.
6. Place the salmon fillets in the skillet and cook on each side for 2 minutes.
7. Pour the soup into the bowls and place a piece of salmon on top of the noodles.
8. Garnish with the spring onions and chopped coriander.

