



Malaysian Veggie Laksa

with Flat Noodles & Roasted Peanuts



If you're looking for some Meatless Monday inspo, this is it! In our vegetarian take on the fragrant noodle soup, we've teamed a creamy coconut broth with a healthy squeeze of lemon juice to lift and balance the lovely complex flavours.

***Unfortunately, this week's udon noodles were in short supply, so we've replaced them with flat noodles.
Don't worry, the recipe will be just as delicious!***

Hands-on: 15-25 mins
Ready in: 15-25 mins
Calorie Smart

Pantry items
Olive Oil, Soy Sauce, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
capsicum	1	2
Asian greens	1 bag	2 bags
lemon	½	1
garlic paste	1 packet	2 packets
Southeast Asian spice blend	1½ sachets	3 sachets
water*	1 cup	2 cups
coconut milk	1 medium tin	1 large tin
vegetable stock powder	1 medium sachet	1 large sachet
flat noodles	1 packet	2 packets
soy sauce*	2 tbs	¼ cup
brown sugar*	1 tsp	2 tsp
coriander	1 bag	1 bag
crushed peanuts	1 medium packet	1 large packet

*Pantry items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2328kJ (556Cal)	408kJ (97Cal)
Protein (g)	15.5g	2.7g
Fat, total (g)	26.3g	4.6g
- saturated (g)	14.4g	2.5g
Carbohydrate (g)	59.3g	10.4g
- sugars (g)	16.6g	2.9g
Sodium (mg)	1925mg	338mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Boil the kettle.
- Thinly slice **carrot** and **capsicum**.
- Roughly chop **Asian greens**.
- Slice **lemon** into wedges.



Finish the laksa

- Add **flat noodles** and cook until tender, **3-4 minutes**. In the last minute of cook time, gently stir the **noodles** with a fork to separate.
- Stir in **Asian greens**, **soy sauce** and **brown sugar**, until combined and heated through.
- Remove from heat. Squeeze in some **lemon juice** to taste.

TIP: Add a splash of water if the laksa looks too thick.



Start the laksa

- In a large saucepan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook **capsicum** and **carrot** until tender, **3-5 minutes**. Add **garlic paste** and **Southeast Asian spice blend** (see ingredients) and cook, stirring, until fragrant, **1-2 minutes**.
- Add the **water**, **coconut milk** and **vegetable stock powder**. Bring to a boil, then reduce heat to medium. Simmer until slightly thickened, **3-5 minutes**.



Serve up

- Divide Malaysian veggie laksa between bowls.
- Tear over **coriander** and sprinkle with **crushed peanuts**.
- Serve with any remaining lemon wedges.

Enjoy!

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