



Vegetable laksa with sugar snap peas & pak choi

Prep: 30 minutes • Cook: 25 minutes • Serves: 4



Ingredients

Laksa paste

1 tablespoon vegetable oil
 2 small shallots, peeled and roughly sliced
 2 garlic cloves, peeled and chopped
 1 lemongrass stalk, just the white part chopped (keep the rest to flavour the soup)
 20g ginger (or galangal, if you can find it), peeled and sliced
 2 fresh red chillies, halved lengthways, seeds removed (if you do not want it too spicy) and sliced
 1 sheet (approximately 18cm² in size) of nori (toasted seaweed used for sushi), torn into small pieces
 1 teaspoon ground turmeric
 1 teaspoon ground coriander
 ½ teaspoon ground cumin
 1 teaspoon sweet ground paprika

Soup

200g sugar snap peas, trimmed and any stringy bits removed, then cut in half diagonally
 200g green beans, trimmed and cut in half horizontally
 2 bulbs of pak choi, trimmed and roughly chopped
 1 tablespoon vegetable oil
 300g firm tofu, cut into 1cm cubes
 400ml coconut milk
 400ml low-salt vegetable stock
 1 tablespoon palm sugar (or caster sugar if you cannot find it)
 200g dried wide flat brown rice noodles
 100g fresh bean sprouts (optional)
 100g cucumber, halved horizontally then cut lengthways into thin strips (optional)
 3 spring onions, trimmed and thinly sliced on the diagonal (optional)
 Handful of mint and coriander leaves (optional)
 1 lime, cut into 4 wedges (optional)

- 1 Laksa paste: blitz all the ingredients in a food processor or using a stick blender until it forms a smooth paste. You will need to scrape down the sides a few times. This may make more paste than you need for this recipe – keep half the mixture in the freezer for another time.
- 2 Heat a large frying pan, add the laksa paste and fry over a medium heat for 10 minutes until it smells fragrant.
- 3 While the laksa paste is frying, prepare all your vegetables, herbs and tofu. In a large pan of boiling water, blanch the sugar snap peas and green beans for 3 minutes, then add the pak choi and cook for 1 minute more. Drain the vegetables in a colander and run under cold water until cool, then drain again. Set aside.
- 4 Add the tablespoon of oil and the tofu pieces to the pan of fragrant paste. Stir to coat the tofu in the oil and paste and fry for about 3 minutes until lightly browned all over. Add the coconut milk, sugar, reserved parts of the lemongrass and the vegetable stock. Bring to a gentle boil and simmer for 3 minutes.
- 5 Cook the noodles in boiling water as per the packet instructions, then drain thoroughly. After 3 minutes of simmering, remove the reserved parts of the lemongrass from the pan and discard.
- 6 Add the cooked vegetables to the soup, bring the pan to a simmer and cook for 1 minute. Divide the noodles between 4 large, deep soup bowls. Ladle over the soup and then top with the bean sprouts, cucumber, spring onions and herbs. Serve immediately with the lime wedges.

Nutritional info

Low phosphate ✓	Low potassium ✓
Low protein ✓	Carbohydrate 24g
Low salt ✓	Low fat X
Cost per portion (June 2022) £3.52	Energy in kcals 415