



# Malaysian Veggie Laksa

with Flat Noodles & Roasted Peanuts



Carrot



Capsicum



Asian Greens



Lemon



Garlic Paste



Southeast Asian  
Spice Blend



Coconut Milk



Vegetable Stock  
Powder



Flat Noodles



Coriander



Crushed Peanuts

Hands-on: **15-25 mins**  
Ready in: **15-25 mins**

Calorie Smart

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!*

### 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](https://www.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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