



Chicken Laksa

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



866 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 chili peppers dried stemmed
- ☐ 1 teaspoon peppercorns black
- ☐ 13.5 oz coconut milk canned
- ☐ 4 servings chili paste depending on your taste pref
- ☐ 1 cinnamon sticks
- ☐ 2 tablespoons coriander seeds
- ☐ 1 teaspoon cumin seeds
- ☐ 1 teaspoon fennel seeds

- ☐ 0.3 cup cilantro leaves fresh
- ☐ 0.3 cup mint leaves fresh
- ☐ 0.3 teaspoon turmeric
- ☐ 3 teaspoons kosher salt
- ☐ 2 lemon grass
- ☐ 4 servings lime wedges
- ☐ 1 qt chicken broth reduced-sodium
- ☐ 6 ounces mung bean sprouts rinsed
- ☐ 8 ounces vermicelli
- ☐ 3 large shallots thinly sliced
- ☐ 1 teaspoon shrimp paste
- ☐ 2 teaspoons sugar
- ☐ 3 tablespoons vegetable oil
- ☐ 1 pound strips. cubed

Equipment

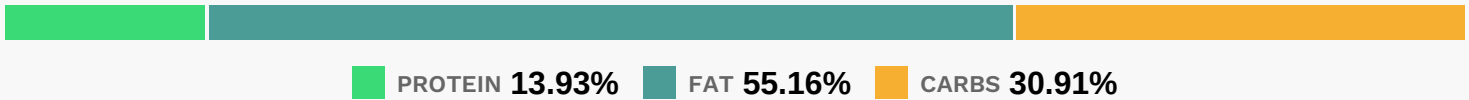
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ meat tenderizer

Directions

- ☐ Grind coriander, peppercorns, cumin, fennel, cloves, turmeric, and chiles coarsely in a spice grinder. Peel tough outer layers from lemongrass, then mash core with a meat mallet or small, heavy frying pan.
- ☐ Heat oil in a large pot over medium heat.
- ☐ Add chicken, shrimp paste, shallots, and reserved spices and cook, stirring constantly, until fragrant, 2 minutes.

- ☐ Pour in coconut milk, broth, sugar, and salt; add cinnamon and lemongrass. Bring to a boil, then simmer, covered, 20 minutes.
- ☐ Boil bean sprouts in a large pot of boiling water until softened, 2 minutes.
- ☐ Transfer sprouts to a bowl.
- ☐ Add noodles to pot and cook until firm, 4 minutes.
- ☐ Drain; rinse well.
- ☐ Divide sprouts and noodles among 6 bowls. Ladle in soup (remove cinnamon and lemongrass) and top with mint and cilantro.
- ☐ Serve with limes and sambal.
- ☐ *Find in the Asian aisle of a well-stocked grocery store or at an Asian market.

Nutrition Facts



Properties

Glycemic Index:67.27, Glycemic Load:29.2, Inflammation Score:-9, Nutrition Score:26.464347953382%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 865.96kcal (43.3%), Fat: 54.48g (83.82%), Saturated Fat: 27.43g (171.44%), Carbohydrates: 68.7g (22.9%), Net Carbohydrates: 61.71g (22.44%), Sugar: 9.15g (10.16%), Cholesterol: 125.38mg (41.79%), Sodium: 2073.99mg (90.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.95g (61.9%), Manganese: 1.9mg (95.08%), Selenium: 37.03µg (52.9%), Vitamin B3: 10.03mg (50.16%), Phosphorus: 492.17mg (49.22%), Vitamin K: 42.36µg (40.35%), Copper: 0.64mg (32.14%), Iron: 5.48mg (30.42%), Vitamin B6: 0.58mg (29.1%), Fiber: 7g (27.98%), Potassium: 964.36mg (27.55%), Magnesium: 99.26mg (24.81%), Zinc: 3.28mg (21.84%), Vitamin B2: 0.32mg (19.08%), Vitamin B5: 1.62mg (16.2%), Vitamin B12: 0.96µg (16.04%), Vitamin C: 12.79mg (15.5%), Folate: 60.54µg (15.14%), Vitamin B1: 0.19mg (12.89%), Calcium: 117.29mg (11.73%), Vitamin A: 531.22IU (10.62%), Vitamin E: 1.38mg (9.17%)