



Coconut Laksa with Shrimp

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



766 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup fish sauce
- ☐ 0.3 cup canola oil
- ☐ 1 carrots sliced
- ☐ 0.3 cup ginger fresh thinly sliced
- ☐ 1 teaspoon ground coriander
- ☐ 0.5 teaspoon turmeric
- ☐ 4 jalapeno seeded coarsely chopped
- ☐ 2 lemon grass cut into 2-inch lengths

- ☐ 2 tablespoons brown sugar light
- ☐ 8 servings lime wedges for serving
- ☐ 0.3 cup macadamia nuts
- ☐ 1 onion quartered
- ☐ 1 pound vermicelli for 10 minutes (pad thai)
- ☐ 8 servings salt
- ☐ 3 large shallots quartered
- ☐ 1.5 pounds shells shelled deveined
- ☐ 1 can coconut milk unsweetened

Equipment

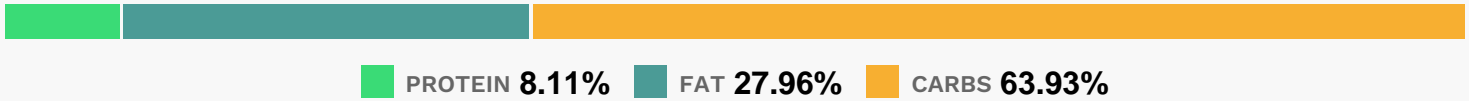
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ pot

Directions

- ☐ In a large saucepan, combine the shrimp shells with the onion, carrot and 8 cups of water and bring to a boil. Simmer over moderate heat until the stock is bright orange and reduced to 5 cups, about 30 minutes. Strain and reserve the stock.
- ☐ In a food processor, combine the shallots, jalapeos, ginger, macadamia nuts, coriander and turmeric with 2 tablespoons of the fish sauce and 2 tablespoons of the canola oil; puree until smooth.
- ☐ In a soup pot, heat the remaining 2 tablespoons of oil.
- ☐ Add the seasoning paste and cook over moderate heat, stirring, until fragrant, about 2 minutes.
- ☐ Add the lemongrass and cook, stirring occasionally, until the mixture darkens slightly and the oil separates, about 10 minutes.

- ☐ Add the reserved shrimp stock, coconut milk, brown sugar and the remaining 2 tablespoons of fish sauce. Simmer over moderate heat until the soup is reduced to 6 cups, about 15 minutes.
- ☐ Meanwhile, in a large pot of boiling water, cook the rice noodles just until pliable, about 1 minute.
- ☐ Drain, shaking out the excess water.
- ☐ Transfer to 8 soup bowls.
- ☐ Add the shrimp to the soup and cook until pink and curled, about 5 minutes. Season the soup with salt and ladle it over the noodles.
- ☐ Garnish with lime wedges and serve.

Nutrition Facts



Properties

Glycemic Index:37.23, Glycemic Load:53.51, Inflammation Score:-9, Nutrition Score:20.36739123645%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 766.13kcal (38.31%), Fat: 23.84g (36.67%), Saturated Fat: 11.93g (74.53%), Carbohydrates: 122.65g (40.88%), Net Carbohydrates: 116.38g (42.32%), Sugar: 9.37g (10.41%), Cholesterol: 0mg (0%), Sodium: 887.66mg (38.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.55g (31.1%), Selenium: 66.59µg (95.13%), Manganese: 1.86mg (93.22%), Phosphorus: 324.25mg (32.43%), Vitamin A: 1351.39IU (27.03%), Fiber: 6.27g (25.08%), Copper: 0.5mg (24.82%), Magnesium: 97.69mg (24.42%), Iron: 2.96mg (16.46%), Vitamin C: 12.61mg (15.29%), Zinc: 2.17mg (14.49%), Potassium: 504.62mg (14.42%), Vitamin B6: 0.29mg (14.3%), Vitamin B3: 2.48mg (12.41%), Vitamin B1: 0.18mg (12.05%), Vitamin E: 1.74mg (11.6%), Folate: 39.84µg (9.96%), Vitamin K: 7.58µg (7.22%), Vitamin B5: 0.63mg (6.29%), Calcium: 59.12mg (5.91%), Vitamin B2: 0.09mg (5.34%)