



Cook the Book: Prawn and Rice Noodles, Chui Lee Luk's Last Supper

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



850 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 grams bean sprouts with roots removed rinsed cleaned
- ☐ 1 bunch chives roughly chopped
- ☐ 475 ml full fat coconut cream fresh
- ☐ 235 ml coconut milk
- ☐ 1 head cloves peeled
- ☐ 12 medium prawns green shelled deveined
- ☐ 40 grams turtle beans yellow (taucheong)

- ☐ 5 to 5 chilies red
- ☐ 1 bell pepper shredded red finely
- ☐ 200 grams vermicelli dried (meehoon)
- ☐ 10 shallots
- ☐ 1 tablespoon shrimp paste (blachan)
- ☐ 120 ml tamarind paste

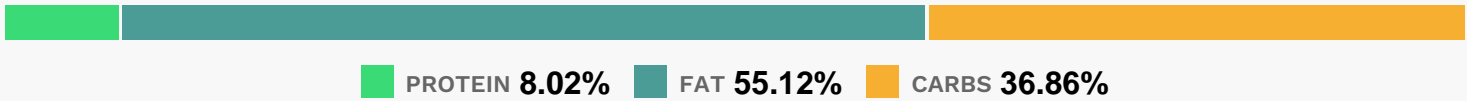
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ In a food processor, grind the shallots, red chilies, garlic, and shrimp paste to a fine paste; set aside. Simmer the coconut cream in a large pan over medium heat until it begins to separate.
- ☐ Add the ground, aromatic mixture and simmer for 30 minutes. Stir in the coconut milk and the yellow bean puree and simmer for 2 more minutes, then add the tamarind. The sauce should be spicy hot, a little sour, sweet and salty.
- ☐ Blanch the rice noodles in boiling water until they are just soft.
- ☐ Drain and set aside.
- ☐ Heat the prepared sauce to a slow boil. Blanch the garlic chives, bean sprouts, and red pepper in separate batches in the prawn and yellow bean sauce until they are just soft.
- ☐ Combine the vegetables and rice noodles to form a cool salad.
- ☐ Bring the prawn and yellow bean sauce to a boil; poach until the prawns are pink and cooked through.
- ☐ To serve, spoon the sauce over the prawns and serve with the noodle salad.

Nutrition Facts



Properties

Glycemic Index:99, Glycemic Load:35.8, Inflammation Score:-9, Nutrition Score:30.300869531929%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 849.8kcal (42.49%), Fat: 55.02g (84.65%), Saturated Fat: 47.89g (299.32%), Carbohydrates: 82.76g (27.59%), Net Carbohydrates: 73.68g (26.79%), Sugar: 17.66g (19.62%), Cholesterol: 65.43mg (21.81%), Sodium: 360.08mg (15.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.02g (36.04%), Vitamin C: 139.31mg (168.86%), Manganese: 2.85mg (142.43%), Copper: 0.91mg (45.5%), Phosphorus: 446.27mg (44.63%), Iron: 7.86mg (43.69%), Vitamin B6: 0.76mg (38.15%), Fiber: 9.08g (36.32%), Folate: 139.72µg (34.93%), Potassium: 1218.05mg (34.8%), Magnesium: 130.03mg (32.51%), Vitamin K: 33.42µg (31.83%), Vitamin A: 1563.49IU (31.27%), Selenium: 14.54µg (20.77%), Vitamin B3: 3.75mg (18.75%), Zinc: 2.81mg (18.73%), Vitamin B1: 0.28mg (18.7%), Vitamin B2: 0.2mg (11.75%), Calcium: 116.54mg (11.65%), Vitamin B5: 1.13mg (11.34%), Vitamin E: 1.22mg (8.15%), Vitamin B12: 0.2µg (3.33%)