



Prawn & coconut laksa

 Dairy Free

READY IN



18 min.

SERVINGS



1

CALORIES



952 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tsp cooking oil
- ☐ 1 garlic clove crushed
- ☐ 1 spring onion finely chopped
- ☐ 2 tsp ginger fresh finely chopped
- ☐ 1 to 2 chillies slit green deseeded finely chopped
- ☐ 0.5 juice of lime
- ☐ 100 g shrimp raw
- ☐ 165 ml coconut milk canned

- ☐ 100 ml vegetable stock
- ☐ 100 g extra wide egg noodles dried
- ☐ 1 serving cilantro leaves chopped

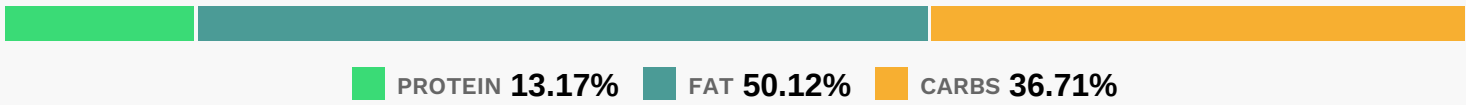
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat the oil in a large pan or wok. When hot, throw in the garlic, spring onion, ginger and green chilli. Cook on a medium heat for 3–4 mins, then squeeze in your lime juice.
- ☐ Stir in the prawns, then add in the coconut milk and stock. Simmer gently for 5 mins on a low heat until the prawns are pink.
- ☐ Meanwhile, cook your egg noodles in a pan of boiling water for 4 mins until soft.
- ☐ Drain, then tip into the laksa pan. Season to taste, then serve in a bowl, topped with coriander.

Nutrition Facts



Properties

Glycemic Index:198, Glycemic Load:31.03, Inflammation Score:-7, Nutrition Score:30.788695376852%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 951.93kcal (47.6%), Fat: 54.37g (83.64%), Saturated Fat: 37.29g (233.06%), Carbohydrates: 89.58g (29.86%), Net Carbohydrates: 80.59g (29.31%), Sugar: 10.45g (11.61%), Cholesterol: 210mg (70%), Sodium: 1162.57mg (50.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.15g (64.3%), Selenium: 119.32µg

(170.46%), Manganese: 2.5mg (124.94%), Phosphorus: 664.92mg (66.49%), Copper: 0.96mg (47.82%), Magnesium: 148.03mg (37.01%), Fiber: 8.99g (35.94%), Vitamin K: 32.68µg (31.12%), Iron: 5.12mg (28.46%), Zinc: 4.12mg (27.46%), Vitamin B3: 5.29mg (26.43%), Potassium: 877.03mg (25.06%), Vitamin B6: 0.49mg (24.45%), Vitamin E: 3.63mg (24.2%), Vitamin B12: 1.4µg (23.33%), Vitamin C: 18.01mg (21.83%), Folate: 84.55µg (21.14%), Vitamin B1: 0.25mg (16.73%), Vitamin B5: 1.58mg (15.82%), Calcium: 132.66mg (13.27%), Vitamin A: 587.73IU (11.75%), Vitamin B2: 0.12mg (7.16%), Vitamin D: 0.4µg (2.67%)