Tofu and mushroom laksa

Preparation time
15 minutes

Cooking time
10 minutes

Serves
2

Recipe courtesy of
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Ingredients | Method | Nutrition

2 tsp extra-virgin olive oil

2 cups salt-reduced vegetable stock

1 tbsp salt-reduced soy sauce

1 tsp fish sauce

400ml can light coconut milk (or lower-fat alternative, light evaporated milk and a dash of coconut essence)

200g firm tofu, cut into 2cm cubes

100g fresh shiitake mushrooms, thinly sliced

100g snow peas, trimmed and halved lengthways

1 spring onion, finely sliced

1 lime, juiced

LAKSA PASTE

2 tsp extra-virgin olive oil

1 lemongrass stalk, white part only, thinly sliced

2 garlic cloves, minced

2-3cm pieces of ginger, minced

1 long red chilli, thinly sliced

½ tsp ground coriander

½ tsp ground turmeric

¼ tsp ground cumin

GARNISH

bean sprouts, washed

½ long red chilli, thinly sliced

½ long red chilli, thinly sliced

fried shallots

1. To make the laksa paste, place all ingredients in a mortar and pound with a pestle for 5 minutes. Alternatively, add all ingredients to a food processor and process until smooth.
2. Heat oil in a wok over medium-high heat. Add the laksa paste and fry for 30 seconds, or until fragrant. Add the stock, soy sauce, fish sauce and palm sugar and bring to a simmer.
3. Meanwhile, place the noodles in a large heat-proof bowl, cover with boiling water and set aside for 2-3 minutes. Drain, rinse under cold water and set aside.
4. Reduce wok heat to low, add the coconut milk, tofu, mushrooms, snow peas and half the spring onion. Simmer for 1-2 minutes, then remove from heat. Stir through the lime juice.
5. To serve, divide the noodles into two bowls. Ladle the soup over the noodles and top with the remaining spring onion, bean sprouts, chilli, coriander leaves and fried shallots.

Nutritional information is provided per serve

Engery	2719kJ (650 calories)
Protein	24g
Saturated Fat	16g
Total Fat	33g
Carbohydrates	60g
Sugars	7g
Dietary Fibre	10g

Sodium	-