



Easy Malaysian Veggie & Udon Noodle Laksa

with Roasted Peanuts & Lemon

Grab your Meal Kit with this symbol



Carrot



Green Beans



Asian Greens



Lemon



Garlic Paste



Southeast Asian Spice Blend



Coconut Milk



Vegetable Stock Powder



Udon Noodles



Coriander



Crushed Peanuts

- Hands-on: **15-25 mins**
- Ready in: **15-25 mins**
- Calorie Smart

Laksa is taking centre stage tonight, with Asian veggies as its leading lady. Our version is a take on the Singaporean laksa lemak, and uses coconut milk and garlic paste to draw out the Asian flavours you know and love.

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Deep frying pan or large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
Asian greens	1 bag	1 bag
lemon	½	1
garlic paste	1 packet	1 packet
Southeast Asian spice blend	¾ sachet	1½ sachets
coconut milk	½ tin (200ml)	1 tin (400ml)
water*	1 cup	2 cups
vegetable stock powder	1 large sachet	2 large sachets
udon noodles	1 packet	2 packets
soy sauce*	2½ tbs	½ cup
brown sugar*	1 tsp	2 tsp
coriander	1 bag	1 bag
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2641kJ (631Cal)	478kJ (114Cal)
Protein (g)	21.2g	3.8g
Fat, total (g)	28.9g	5.2g
- saturated (g)	13.9g	2.5g
Carbohydrate (g)	59.5g	10.8g
- sugars (g)	13.8g	2.5g
Sodium (mg)	2735mg	495mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2021 | CW38



Get prepped

- Thinly slice **carrot**. Trim and halve **green beans**. Roughly chop **Asian greens**. Slice **lemon** in half.



Make the laksa

- Add **coconut milk** (see ingredients), the **water** and **vegetable stock powder**.
- Bring to the boil, then reduce heat to medium and simmer until slightly thickened, **3-5 minutes**.
- Add **udon noodles** and cook, stirring occasionally with a fork to separate, until softened, **2 minutes**.
- Add **Asian greens**, the **soy sauce** and **brown sugar** and stir until combined. Remove from heat, then add a squeeze of **lemon juice** to taste.

TIP: Add a splash more water if the soup looks too thick.



Cook the veggies

- Heat a deep frying pan or large saucepan over a medium-high heat with a drizzle of **olive oil**.
- Cook **green beans** and **carrot**, tossing, until tender, **3-5 minutes**.
- Add **garlic paste** and **Southeast Asian spice blend** (see ingredients) and cook, stirring, until fragrant, **1-2 minutes**.



Serve up

- Slice remaining lemon into wedges.
- Divide Malaysian veggie laksa between bowls.
- Tear over **coriander** and sprinkle with **crushed peanuts**.
- Serve with any remaining lemon wedges.

Enjoy!