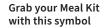


Southeast Asian Veggie & Peanut Laksa with Udon Noodles & Roasted Cauliflower















Carrot









Peanut Butter





Chilli Flakes



(Optional)





Vegetable Stock



Powder





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

Oven tray lined with baking paper · Large saucepan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
cauliflower	1 portion (200g)	1 portion (400g)	
broccolini	1 bunch	1 bunch	
carrot	1	2	
ginger	1 knob	2 knobs	
garlic	2 cloves	4 cloves	
lemon	1/2	1	
peanut butter	1 packet (30g)	2 packets (60g)	
boiling water*	1 cup	2 cups	
Southeast Asian spice blend	1 sachet	1 sachet	
chilli flakes (optional)	pinch	pinch	
coconut milk	1 tin (400ml)	2 tins (800ml)	
vegetable stock powder	1 sachet	2 sachets	
soy sauce*	½ tbs	1 tbs	
brown sugar*	1 tsp	2 tsp	
udon noodles	1 packet	2 packets	
crushed peanuts	1 packet	2 packets	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3915kJ (935Cal)	570kJ (136Cal)
Protein (g)	28.2g	4.1g
Fat, total (g)	57.7g	8.4g
- saturated (g)	27.4g	4g
Carbohydrate (g)	61g	8.9g
- sugars (g)	16.8g	2.4g
Sodium (mg)	1519mg	221mg

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.



Roast the veggies

Preheat the oven to 220°C/200°C fan-forced. Cut the cauliflower into small florets. Trim the broccolini and cut in half lengthways. Place the cauliflower on an oven tray lined with baking paper. Drizzle with olive oil, season with salt and pepper and toss to coat. Roast the cauliflower for 10 minutes, then remove the tray from the oven and add the broccolini with a drizzle of olive oil. Return to the oven and roast until the veggies are tender, 8-10 minutes.

TIP: If you prefer your broccolini unroasted, add it to the pan in step 4 instead!



Get prepped

While the veggies are roasting, boil a kettle of water. Grate the **carrot**. Finely grate the **ginger** and **garlic**. Slice the **lemon** into wedges. In a medium bowl, add the **peanut butter** and **boiling water** (see ingredients). Leave for **1-2 minutes**, then stir to combine with a fork. Set aside.



Start the laksa

Heat a deep frying pan or large saucepan over a medium-high heat with a drizzle of olive oil. Cook the carrot, garlic and ginger until softened, 2-3 minutes. Add the Southeast Asian spice blend and a pinch of chilli flakes (if using) and cook until fragrant, 1 minute.



Finish the laksa

Add the **peanut butter mixture**, **coconut milk**, **vegetable stock powder**, **soy sauce** and **brown sugar** to the pan. Bring to the boil, then reduce the heat to medium and simmer until thickened slightly, **5 minutes**. Remove from the heat, then stir in 1/2 the roasted **veggies** and a generous squeeze **lemon juice**. Season to taste.

TIP: Add the broccolini to simmer if you prefer it unroasted.



Cook the noodles

While the laksa is simmering, place the **udon noodles** in a heatproof bowl and cover completely with **boiling water**. Soak, stirring occasionally with a fork to separate the **noodles**, until softened, **2 minutes**. Drain.



Serve up

Divide the noodles between bowls. Pour over the Southeast Asian veggie and peanut laksa. Top with the remaining roasted cauliflower and broccolini. Sprinkle with the **crushed peanuts**. Serve with any remaining lemon wedges.

Enjoy!