



Southeast Asian Veggie & Peanut Laksa

with Udon Noodles & Roasted Cauliflower

Grab your Meal Kit with this symbol



Cauliflower



Broccoli



Carrot



Ginger



Garlic



Lemon



Peanut Butter



Southeast Asian Spice Blend



Chilli Flakes (Optional)



Coconut Milk



Vegetable Stock Powder



Udon Noodles



Crushed Peanuts

- Hands-on: 15-25 mins
- Ready in: 30-40 mins
- Spicy (optional chilli flakes)

Laksa is taking centre stage tonight, with cauliflower as its leading lady. Our version is a take on the Singaporean laksa lemak, and uses coconut milk and peanut butter 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

Oven tray lined with baking paper · Large saucepan

Ingredients

	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	½	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!



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.



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.



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.



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**.



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!