

CHICKEN LAKSA

With strong, fresh Thai inspired flavours for this meal in a bowl, it would also work with fish or prawns



50g Thai green curry paste
1 chicken breast
¼ of a chicken stock cube or ½
tsp veg stock powder
4 Tbsp coconut milk powder
(40g)
1 portion noodles – rice, bean
or egg, thin ones are best
150g mixed vegetables – I used
carrot, celery & leek
2 tbsp coriander, mint & pars-
ley mixed
1 spring onion
Juice of 1 lime
2 tsp fish sauce

Hints, Tips and Variations

- ◆ *Dairy free, wheat & gluten free if you use rice or bean noodles*
- ◆ *The portion is quite big - if you're eating this over 2 days, you might want to divide the cooked noodles in 1/2 & keep the portion in the fridge.*
- ◆ *Also good with red Thai curry paste & prawns or fish fillets .*

Poach the chicken breast in 400ml water with the stock cube for 15 min. Once time is up, remove the chicken from the stock and set aside to cool, before cutting or tearing into pieces.

Slice the spring onion, carrot, celery & leek finely – about 5mm slices. Chop the herbs.

Cook the noodles and keep warm.

Heat a little oil in the bottom of your soup pot & fry the curry paste for a few seconds to release the flavours.

Add 100ml water to the pan and the coconut milk powder. Stir together and simmer for a few minutes. Add the reserved chicken stock and the carrot, celery & leek. Bring to the boil, put a lid on the pan and simmer for 10min.

Add the chicken back to the pan, bring back to the boil and remove from the heat.

Add the spring onion, herbs, lime juice & fish sauce. Adjust the seasoning if necessary.

To serve, put the noodles in the bottom of your soup bowl and ladle over the soup.

Per serving 300Kcal, 18.9g Protein, 9.9g Fat (4.4g saturated), 33.2g Carbs, 5.5g Sugar, 1172mg salt