



Veggie Laksa & Crushed Peanuts

with Green Beans & Noodles

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Garlic



Green Beans



Asian Greens



Lime



Southeast Asian Spice Blend



Coconut Milk



Plant-Based Fish Sauce



Egg Noodles



Crushed Peanuts



Ginger Paste

Prep in: 20-30 mins
Ready in: 25-35 mins



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 ginger paste to draw out the Asian flavours you know and love.

Pantry items

Olive Oil, 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

Large saucepan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
garlic	2 cloves	4 cloves
green beans	1 medium bag	1 large bag
Asian greens	1 bag	2 bags
lime	½	1
Southeast Asian spice blend	1 large sachet	2 large sachets
ginger paste	1 medium packet	1 large packet
coconut milk	2 medium tins	4 medium tins
water*	¾ cup	1½ cups
plant-based fish sauce	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tsp
egg noodles	1 medium packet	2 medium packets
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2324kJ (555Cal)	379kJ (91Cal)
Protein (g)	17.6g	2.9g
Fat, total (g)	43.3g	7.1g
- saturated (g)	30.7g	5g
Carbohydrate (g)	78.7g	12.8g
- sugars (g)	19g	3.1g
Sodium (mg)	2290mg	374mg

The quantities provided above are averages only.

Allergens

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

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



Get prepped

- Boil the kettle.
- Cut **carrot** into half-moons. Finely chop **garlic**. Trim and halve **green beans**. Roughly chop **Asian greens**. Slice **lime** into wedges.



Cook the noodles

- While the laksa is simmering, half-fill a medium saucepan with boiling water.
- Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and set the **noodles** aside.



Make the laksa

- Heat a large saucepan over medium-high heat with a drizzle of **olive oil**. Add **carrot** and **green beans** and cook, tossing, until slightly tender, **3-4 mins**.
- Add **Southeast Asian spice blend**, **ginger paste** and **garlic** and cook until fragrant, **1 minute**.
- Add **Asian greens**, **coconut milk**, the **water**, **plant-based fish sauce** and the **brown sugar**. Stir and bring to a boil, then reduce heat to medium and simmer until slightly thickened, **2-4 minutes**.
- Remove from the heat and add a generous squeeze of **lime juice**.



Serve up

- Divide the noodles between bowls.
- Pour over the veggie laksa soup.
- Sprinkle with **crushed peanuts** and serve with any remaining lime wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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