

Laksa with Chicken & Prawns

🕒 40 min 🍽️ 4 servings

615 Kcal / serving

36g Protein 45g Fat 17g Carbs

Ingredients

- Coriander optional, 1 bunch (9 g)
- Lime juice, 3 tbsp (45 g)
- Spring onion (green parts only for Fodmap), 1 small (5 g)
- Chicken stock, 0.5 cup (120 g)
- Chicken thigh, cubed, 400 g (400 g)
- Bean sprouts, 200 g (200 g)
- Coconut oil, 2 tablespoons (25.6 g)
- Fish sauce, 3 tbsp (54 g)
- Raw prawns, deveined, 1 portion(s) (200 g)
- Laksa paste, 5 tablespoon (83.4 g)
- Fresh chilli, sliced, 1 serving (10 g)
- Coconut cream, tinned, 4 serving (360 g)
- Bamboo shoots, raw-extra, 1 cup (1/2" slices) (151 g)
- Snow pea, fresh or frozen, raw, 1 cup (80 g)



Instructions

1. In a large wok, over medium-high heat, add the coconut oil, and once heated add the cubed chicken thigh and cook until browned on all sides.
2. Set the chicken aside on some paper towel.
3. To the same wok add the laksa paste, and stir fry until fragrant, about 2 minutes.
4. To make the laksa sauce, add to the paste the coconut cream, stock, fish sauce and lime juice. Stir until the sauce is well combined.
5. Bring the sauce to the boil, and then turn down to simmer, add the chicken, and cook for 10 -15 minutes until the chicken is tender and cooked through.
6. Now add the prawns, bean shoots and snow peas, stir through, coating in the sauce. Once heated through, serve immediately.
7. Serve with konjac or zucchini noodles and lime wedges.

8. Garnish with coriander, spring onion, chilli and extra bean shoots.

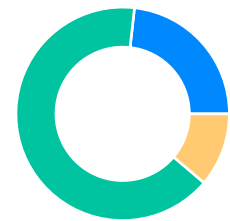
Comments

Keto, Gluten Free, Fodmap Friendly.

For a vegan option swap chicken and prawn for eggs and tofu.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2458.8	141.1	614.7
Protein [g]	143.8	8.3	36
Fat [g]	180.4	10.4	45.1
Carbs [g]	69.2	4	17.3
Fiber [g]	14.2	0.8	3.6
Net Carbs [g]	55	3.2	13.8



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	294	16.9	73.5
Iron, Fe [mg]	10.2	0.6	2.6
Magnesium, Mg [mg]	365.9	21	91.5
Phosphorus, P [mg]	1470.6	84.4	367.7
Potassium, K [mg]	4385.8	251.6	1096.5
Sodium, Na [mg]	8167.2	468.6	2041.8
Zinc, Zn [mg]	13.3	0.8	3.3
Vitamin A, RAE [ug]	171.9	9.9	43
Vitamin E [mg]	3.1	0.2	0.8
Vitamin D [ug]	0.4	0	0.1
Vitamin C [mg]	101	5.8	25.3
Thiamin [mg]	0.9	0.1	0.2
Riboflavin [mg]	1.4	0.1	0.4
Niacin [mg]	25.8	1.5	6.5
Vitamin B6 [mg]	2.5	0.1	0.6

Vitamin B12 [ug]	2.8	0.2	0.7
Vitamin K [ug]	139.2	8	34.8