

Thai Zucchini Egg Laksa

Preparation time: 30 mins

Serves: 4 people

Categories:

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Quick & Easy

A versatile dish for the whole family, no matter what their dietary preferences!

Gluten Free : Dairy Free : Sugar Free : Vegetarian : Paleo



Ingredients

4 eggs

1x 400ml can organic coconut milk

1500ml vegetable broth or stock

1 bunch broccolini, trimmed and cut into thirds

1 bunch bok choy, trimmed

600g zucchini, spiralled to noodles

Pinch sea salt

Laksa paste:

1 bunch coriander stalks, rinsed and pat dry, leaves reserved for garnish

3 cloves garlic, peeled

4cm piece (25g) ginger

60g brown onion (approx 1 small)

1 teaspoon lime zest (approx 1 lime)

2 tablespoons coconut oil

To serve:

4 Asian shallots, finely sliced

1 green chilli, seeded and finely chopped

1 lime, cut in quarters

Method

1. Make the paste by placing all ingredients into high speed food processor or blender and processing until smooth.
2. Heat a large saucepan on medium heat, add coconut oil and curry paste and saute for 3-4 minutes until fragrant, then add coconut milk and vegetable stock/broth.
3. Bring to a simmer, add broccolini and bok choy, reduce heat and simmer for 10 minutes.
4. Bring a separate small pot of water to the boil, add eggs, and boil for 7-8 minutes for a hard boiled egg.
5. Remove from water, crack gently and peel under water.
6. Once vegetable coconut broth is finished, add zucchini noodles and cook a further 3-4 minutes until tender.
7. Divide noodles and broth between 4 bowls, cut eggs in half and place on top of noodles.
8. Garnish with coriander leaves, Asian shallots, green chilli and a big squeeze of lime.