

Thai Zucchini Egg Laksa



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Dinner Recipes, Lunch Recipes, Vegetarian

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.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
784g	1580kJ 378kcal	13.2g	30.8g	21.9g	9.6g	7.3g	1560mg	6.1g

All nutrition values are per serve.