

Curried Prawn and Tofu Laksa

with Crispy Onions and Egg

hellóchef

To keep things low-carb, we've skipped the noodles in this Southeast Asian classic and, instead, loaded it with protein!

Cals 924 • Prot 66 • Carbs 65 • Fat 50

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Laksa	2 ppl	3 ppl	4 ppl	
Prawns 7*	200	350	525	Grams
Organic Eggs 5*	2	3	4	Piece
Garlic cloves	2	3	4	Piece
Fish sauce 6*, 10*	10	20	20	ML
Ginger	30	45	60	Grams
Carrot	1	1	2	Piece
Shallots	1	2	2	Piece
Small zucchini	2	3	4	Piece
Lemongrass	1	1	2	Piece
Bean sprouts	100	150	200	Grams
Vegetable oil	1	1	2	Tbsp
Red curry paste 7*	20	30	40	Grams
Curry powder	4	5	8	Grams
Coconut milk	200	400	400	ML
Water	600	600	800	ML
Sweet chilli sauce	40	60	80	ML
Lime	1	2	2	Piece

Tofu				
Firm tofu 9*	300	500	600	Grams
Soy sauce 9*, 10*, 11*	30	40	60	ML
Corn starch	20	60	60	Grams

Garnish				
Large red chilli	1	1	1	Piece
Fresh coriander	15	15	30	Grams
Crispy onions	20	30	40	Grams
Salted peanuts 1*	40	60	80	Grams

Allergens

*7 Crustaceans, *5 Eggs, *6 Fish, *10 Wheat, *9 Soya, *11 Gluten, *1 Peanuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3865 / 924
Fat (g)	49.9
of which saturates (g)	16.2
Carbohydrate (g)	65
of which sugars (g)	19.6
Fiber (g)	17.5
Protein (g)	66.3
Salt (g)	9.5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil eggs

Cook the **eggs** in boiling water for 5-7 min or until cooked to your liking. Drain, run under cold water and peel once cooled. Halve the **eggs** and set aside.



2 Prep veg

Peel and finely chop the **garlic** and **ginger**. Peel the **carrot** and slice it into thin matchsticks. Peel and slice the **shallots**. Wash and slice the **zucchini** into thin matchsticks. Bash the lemon grass with something heavy until it splits open. Rinse the **bean sprouts**. Slice the **chilli**.



3 Simmer soup

Heat a pan or soup pot with a drizzle of **oil** over a medium heat. Once hot, add the **red curry paste (spicy!)**, **curry powder**, **garlic**, **ginger**, **shallots** and lemon grass and cook for 2 min. After 2 min, reduce the heat to medium-low and add the **coconut milk**, **water**, **sweet chilli sauce (spicy!)**, **fish sauce** and half of the **soy sauce**. Simmer for 10-12 min.



4 Prep tofu

Meanwhile, drain the **tofu**. Chop it into bite-size cubes. Add the remaining **soy sauce** and **corn starch** to two separate bowls. First, turn the **tofu** cubes in the **soy sauce**, then turn it in the **corn starch**.



5 Fry tofu

Heat a pan over a medium-high heat with a generous drizzle of **vegetable oil**. Once hot, add the **tofu** and fry the first side for 4-5 min until **crispy**. Don't move the **tofu** around in the pan. Flip and fry the second side for 4-5 min further or until golden brown. Transfer the **tofu** to a piece of kitchen paper.



6 Fry prawns

Return the pan to a high heat with a drizzle of **oil**. Fry the **prawns** for 2-3 min until cooked through. Divide the **carrot**, **zucchini** and **bean sprouts** among deep bowls. Ladle the **laksa** over the top. Top with the fried **tofu**, **prawns**, halved **eggs**, **fresh coriander** leaves, fried onion, **peanuts** and **red chilli** slices (**spicy!**). Finish with a squeeze of **lime** juice.