

# EASY PRAWN LAKSA NOODLES

Serves 4



## Ingredients

450ml of water  
20 medium size cooked prawns  
2 pieces of sliced fish cake – cut into strips  
4 pieces of fried bean curd (tau pok) - sliced  
120g bean sprouts  
Fresh coriander leaves  
1 AYAM Laksa Paste 185g  
1 pack Ayam Trim coconut milk or low fat milk 200ml  
320g Brown Rice Laksa Beehoon

## Noodles

Prepare brown rice noodles or thick beehoon as per instructions on packet. Blanch noodles with beansprouts. Strain and serve with noodles

## Method

Combine laksa paste, coconut milk and water in a large pan and bring to boil 10 minutes  
Once boiling, add prawns, fishcake and tau pok and cook for another 5 minutes.

## PRESENTATION

Divide the noodles into small bowls and pour the laksa sauce with ingredients.  
Add fresh coriander leaves on top and serve hot.

## Dietitian's Tip:

Unsweetened soy milk can be another healthier substitute for coconut milk.  
Prawns can be replaced with fish, shredded chicken breast or diced tofu.



## Nutritional information per serving (with 80g noodles):

Calories: 339 kcal	Protein: 14.5g	Fat: 12.8g	Saturated fat: 1.6g
Cholesterol: 76mg	Carbohydrate: 42g	Dietary fibre: 2.3g	Sodium: 625mg

Recipe adapted from AYAM Brand Singapore



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