



# Easy Seafood Laksa

 15 Minutes

 2 Serves

 Easy



This dish is keto friendly, low carb, and is a dish you can make at home without any fuss all care of a little cheat...store bought laksa paste. Use whatever greens you have in your refrigerator. Bean sprouts are the traditional go-to vegetable but in this recipe, I have use Mizuna, onions and radish, with an optional addition of water chestnuts.

## INGREDIENTS

- 60g Laksa Paste (about 4Tb) – *I used Penta Laksa Paste*
- 1 Stock cube mixed into 1Cup hot water or 1 Cup of fish stock
- 200g White fish fillets, cut into chunks
- 100g Raw Prawns
- 1pkt Angel Hair Konjac/Shirataki Noodles (250g)
- 200ml Full Fat Coconut Cream
- 5g Mizuna Asian Greens, washed
- To taste Red Chilli Slices
- 1 Radish, cut into matchsticks
- 10g Red Onion, finely diced
- 5g Spring Onion, finely sliced
- Water Chestnuts (optional)

## METHOD

1. Prepare your ingredients, i.e. cut your fish fillets into bite sized chunks, slice your chillies, red and spring onions, and radish, and wash your mizuna (or other greens) and set aside.
2. Dissolve the fish stock cube in 1 cup of hot water and place in a saucepan over medium heat.
3. Add the laksa paste and coconut cream and stir to combine.
4. Let the laksa broth simmer till it comes to a gentle boil.
5. In the meantime, rinse the konjac noodles under running water and then dry-fry in a pan to remove some of their moisture.
6. Once the laksa broth has come to a gentle boil, add the fish fillet pieces and the prawns. In just a few short moments the fish will become cooked and opaque in colour (solid white rather than translucent) and the prawns will have taken on a lovely coral hue...at this point it's time to dish up.
7. Get two soup bowls ready and place your noodles and mizuna greens in the bottom. Ladle over the laksa broth, fish and prawns. Garnish on the top with the red onion, spring onion and a few slices of red chilli and the radish matchsticks.
8. And, you're done...slurp them down and enjoy.

Nutritional Information ( <i>without water chestnuts</i> )					
Kcal	Fat	Protein	Carbohydrate	Fibre	Net Carb
452	31.7g	35.2g	16.7g	8.7g	8g