

Recipe of the Week

Seafood Laksa



Ingredients:

250g Green Prawn Cutlets
400g Blue Swimmer Crab
250g Mussels
200g Squid Tubes
300g Spanish Mackerel Fillets
1 tbsp Peanut Oil
4 cups Fish Stock
400g can Coconut Milk
500g Fresh Rice Noodles
2 tbsp Lime Juice
1 tbsp Fish Sauce
1 bunch Fresh Mint
1 cup Bean Sprouts and Chilli, extra

Laksa Paste:

2 Cloves Garlic, Sliced
4 Spring Onions, Chopped
4 Small Red Chillies, seeded
4 Coriander Roots, chopped
1 Stick Lemon Grass, chopped
1 tbsp Fresh Ginger, chopped
1 tbsp Sesame Oil
1 tsp Shrimp Paste
1 tsp Ground Turmeric
1 tbsp Ground Cumin
1 tsp Sea Salt
1 tsp Brown Sugar

For the laksa paste, blend or process ingredients to form a paste.

To prepare seafood— Devein prawn cutlets, clean blue swimmer crab and cut squid tubes and fish fillets into large chunks

Heat oil in a wok and fry laksa paste, stirring constantly for about 3 minutes or until aromatic.

Add stock, bring to the boil, reduce heat and simmer uncovered for 5 minutes.

Add coconut milk, bring to the boil. Add crab and simmer uncovered until crab begins to change colour. Add mussels and stir through. When simmering again add prawns, squid and fish, simmer uncovered until seafood is just cooked through.

Meanwhile, rinse noodles in hot water until separated.

Remove laksa from the heat, add lime juice and fish sauce.

Divide noodles among serving bowls and ladle soup over top. Top with mint, bean sprouts and chilli