



CREAMY CHICKEN LAKSA

Ingredients

1 tablespoon vegetable oil
 1/3 cup laksa paste
 2 x 375ml cans of coconut flavoured evaporated milk[†]
 300g skinless chicken breast fillets, cubed
 1 cup trimmed and chopped green beans
 125g baby corn spears, sliced lengthways
 1/2 cup chopped red capsicum
 350g hokkein noodles
 3/4 cup bean sprouts
 2 spring onions, sliced
 2 tablespoons mint leaves
 2 tablespoons coriander leaves
 lime wedges, to serve

Method

1. Heat vegetable oil in a non-stick saucepan over medium to high flame and add laksa paste. Cook stirring for 2-3 minutes or until fragrant. Add evaporated milk and bring to the boil.
2. Add chicken, beans and corn, reduce heat and simmer for 3 minutes. Add capsicum and simmer for a further 3-5 minutes or until chicken is cooked through.
3. Cook noodles as per packet instructions and place into serving bowls.
4. Ladle laksa mixture into each bowl over the noodles and top with remaining ingredients to garnish. Serve immediately.

Serves 4

Tip: Evaporated milk is significantly lower in fat than coconut cream or coconut milk. For extra coconut flavour you can also add coconut essence.

[†] Choose mostly reduced fat

Your recommended daily serves*	QTY
Milk, cheese and yoghurt and/or alternatives^	
Vegetables and legumes/beans	
Fruit	
Grain (cereal) foods such as breads, cereals, rice, pasta, polenta, noodles, couscous, oats, quinoa and barley	
Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans	

Notes:

* Recommended by the Australian Dietary Guidelines
^ Alternatives include soy beverages or beverages made from rice or other cereals which contain at least 100mg of calcium per 100ml.