

Lean & Green

We make healthy eating second nature

LAKSA NOODLE SOUP

No. of servings: 4

Per serving: 0.5 leanest | 0.5 lean | 3 green |
1 healthy fat | 3 condiments

Total Time: 40 minutes

Cuisine: Malaysian, Singaporean

Contains: Meat, Shellfish, Fish, Soy, Eggs

INGREDIENTS

750 mL fat-free chicken broth

750 mL water

2 peeled wosun (also known as lettuce stem) (400g), cut, sliced, or "spiralized" into noodle-like strands (should yield 5 cups wosun "noodles")

4 tbsp (55g) Laksa curry paste

280g frozen shrimps, defrost, wash and drain

280g frozen scallops, defrost, wash and drain

400g firm tofu, drained, cut into 1.5x1.5cm cubes

4 large (200g) eggs

1 cup (100g) bean sprouts

¼ cup (60mL) reduced-fat (trim/light) coconut milk

2 tbsp (30mL) lime juice

½ cup (8g) fresh coriander leaves

DIRECTIONS

1. Heat chicken broth and water in a large pot. Add wosun "noodles" and cook for 2 minutes until slightly softened. Transfer the wosun "noodles" into a serving bowl and set aside. Keep the chicken broth and water in the large pot over high heat.
2. Add Laksa curry paste, shrimps, scallops and tofu into the broth, and bring to boil.
3. Turn the heat down. Crack the eggs into a small measuring cup and ease the eggs into the broth carefully. Simmer for 4 minutes so that the egg whites are firm but the yolks still runny. Turn off the heat.
4. In a serving bowl, place the bean sprouts on top of the wosun "noodles." Top with the shrimps, scallops, tofu and eggs.
5. Pour the broth on top, and stir in coconut milk and lime juice. Garnish with coriander. Serve hot immediately.

Tip: Use an equal amount of shirataki noodles in place of the wosun "noodles" (celtuce). If your noodles have an unpleasant odor, you can boil them for 2-3 minutes before "cooking" them (i.e. before Step 1).

Per serving: 350 calories, 41g protein, 15g carbohydrate, 14g fat



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