

# Coconut & Lemongrass Noodles

A Laksa-inspired recipe from South East Asia with noodles and hearty root vegetables. We added black beans for an umami kick - but you could add peanut butter, prawns, tofu or any other protein you fancy!

Follow the instructions overleaf or see our chefs make this dish in our recipe video.

Open your QR code reader on your smartphone. Hold the device over the code and click to watch.



Take & Make Boxes are assembled in a facility that also handles celery, gluten, eggs, lupin, milk, mustard, peanuts, sesame, soybeans, sulphur dioxide, sulphites and tree nuts. Therefore, this product may contain trace allergens that have not otherwise been declared.

## Equipment you will need:

Microwave	Grater
Chopping board	Spoon to serve
Sharp knife	Oven gloves
Mixing bowl	
Tin opener	
Fork	
Large microwave-safe bowl	
Sieve	
Peeler	

## Ingredients (allergens highlighted in bold):

### Laksa-Style Soup:

1 lemongrass stalk  
1 lime  
400g tinned coconut milk  
400g tinned black beans  
200g vermicelli noodles (**gluten**)  
1/2 tsp paprika  
500ml water

### Vegetables:

1 swede  
2 onion  
1 carrot  
2 tbsp oil

Helpful tip: 1 tablespoon = 3 teaspoons or 15ml

Remember!  
How fast your  
microwave cooks will  
vary from model to  
model

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## Instructions:

This recipe can be prepared in one large microwaveable bowl which helps save on the washing up!

1. Wash your vegetables. Peel the skin off of the carrot and swede. Cut and discard the ends and then dice both as small as possible (the smaller you dice, the quicker it will cook!). You could also grate the vegetables instead.
2. Place the swede and carrot into a microwave safe bowl. Peel and finely chop the onions, then place these in the bowl. Add oil and mix well.
3. Take your stalk of lemongrass and start bending and squishing it - you should smell a citrusy fragrance! Add this to your bowl along with your paprika and stir together well.
4. Place your bowl in the microwave and cook on high heat for 8-9 minutes or until the vegetables begin to feel soft when pressed with a fork.
5. Once the vegetables are soft, remove the bowl from the microwave with oven gloves. Now drain the black beans using a sieve and rinse them with water. Add these to the bowl.
6. Next, place your noodles in your bowl and pour the coconut milk over the top. To make sure that you get all of the coconut milk, fill up the empty tin with 250-300ml of water and add this to your bowl too (making sure the noodles are fully covered).
7. Place your bowl in the microwave again and cook the laksa on high heat for a further 9-10 minutes, or until the noodles become cooked and soft.
8. While this cooks, slice the lime into quarter wedges.
9. Wearing oven gloves, carefully remove the laksa from the microwave and split it between four bowls, making sure that everyone gets a good ratio of vegetables, beans, noodles and soup.
10. Serve with a quarter of lime each and enjoy!

### Try this!

To help save time, you could also soak the noodles in hot water from the kettle for 2-3 minutes to speed the process up that little bit more.



Top Tip! You could also add fresh coriander, chillies or roughly chopped peanuts if you have them handy.