



Laksa Fried Rice

Serves 4

Prep time: **10 mins**

Cook time: **20 mins**

Ingredients

- 2½ cups cold brown rice
- 200 g fresh prawns
- 2 pieces fish cakes, sliced
- 100 g bean sprouts
- 1 cucumber, grated (sprinkle some salt and allow water to be released from cucumber & then drain liquid)
- 2 eggs, beaten
- 1 bunch laksa leaves, chopped
- 2 tsp canola oil
- 1 large onion, chopped
- 50mL low-fat coconut milk
- 1 tbsp dried prawns, washed and pat dried
- 1 stalk lemon grass – bruised with the back of a knife
- 3 tbs Laksa paste
- Salt and pepper, to taste

Garnish

- Green onions, thinly sliced

Methods

- Heat canola oil in a wok. Lightly sauté onions till transparent.
- Add laksa paste, lemon grass, and laksa leaves, fry till fragrant.
- Add dried prawns and fry for 2-3 minutes
- Add low-fat coconut milk, mix well. Then add beansprouts, cucumber, fishcake, and stir fry with the paste.
- When well incorporated, add prawns and rice. Fry for about 3 minutes or until prawn is just cooked.
- Pour in beaten egg and mix into rice. Cook until rice dries out.
- Add salt and pepper to taste.
- Garnish with green onions.

Nutrition Information (Per serving):

Energy: **435kcal**

Protein: **21.7g**

Total fat: **20.1g**

Carbohydrates: **42.7g**

Dietary fibre: **3g**

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