



Laksa Fried Rice

Ingredients



Lower in Sodium



Prep time
10 mins



Cook time
20 mins



Serves up to
4 pax

- 1 onion, chopped finely
- 2 tsp healthier oil
- 1 tbsp dried shrimp, soaked, drained and minced
- 3 tbsp lower-sodium laksa paste
- 1 stalk lemongrass (white portion), bruised and minced
- 1 small bunch laksa leaves, sliced finely
- 50ml low-fat coconut milk
- 2½ cups overnight cooked brown rice
- 2 eggs, beaten
- 100g bean sprouts
- 150g prawns, deshelled, cleaned and sliced
- 50g lower-sodium fish cake, sliced into strips
- A pinch of lower-sodium salt to taste
- A pinch of pepper to taste
- 1 stalk spring onion, chopped for garnishing
- 1 red chilli padi, sliced for garnishing

Steps

- 01** Heat a wok and add healthier oil. Stir-fry onion until translucent.
- 02** Add dried shrimp, lower-sodium laksa paste, lemongrass and laksa leaves. Fry until fragrant.
- 03** Add low-fat coconut milk to make a gravy and continue to simmer.
- 04** As the gravy is reducing, mix the raw beaten eggs thoroughly with the cold rice until the rice is fully coated.
- 05** Pour the egg-coated rice into the reduced gravy. Add bean sprouts, prawns and fish cake strips. Stir-fry continuously until the rice has absorbed the laksa gravy.
- 06** Add lower-sodium salt and pepper to taste.
- 07** Garnish with spring onion and red chilli. Serve hot.

Make it healthier!



Lower in Sodium

Cut back on your sodium intake with healthier choice lower-sodium salt, sauces and seasonings.



Use herbs and spices or umami-packed ingredients, such as onions, instead of salt, for added depth of flavour.



Frozen foods, such as quick-frozen prawns, are budget-friendly and can be just as nutritious and delicious as fresh foods. Thaw before use and rinse briefly in clean water to remove any excess sodium that may have been added during processing.



Pre-soaking ingredients such as dried shrimp will help reduce the amount of sodium in the dish.