

# Laksa Fried Rice

Serves 2



**Prep time: 10 mins**

**Cook time: 20 mins**

## Ingredients:

- 1 1/4 cup (250g) cooked brown rice, refrigerated for at least 3 hrs
- 300g fresh prawns, heads removed, shells removed, and de-veined.
- 1 piece fish cake, sliced
- 100g bean sprouts
- ½ cucumber, grated
- 1 egg, beaten
- 1 bunch laksa leaves, chopped
- 2 tsp oil
- 1 medium onion, chopped
- 50ml low-fat coconut milk
- 2 tsp dried prawns, washed and pat dried
- 1 stalk lemon grass – bruised with the back of a knife
- 2 tbsp laksa paste
- Pepper to taste

## Garnish:

- Spring onions, thinly sliced

Protein 

## Method:

1. Heat oil in a wok. Lightly sauté the onions till transparent.
2. Add dried prawns and fry for 2-3 minutes
3. Add laksa paste, lemon grass and  $\frac{1}{2}$  of the laksa leaves, fry till fragrant.
4. Add low-fat coconut milk and mix well. Then add bean sprouts, cucumber and fishcake. Stir fry the mixture with the paste.
5. When well incorporated, add prawns, the rest of the laksa leaves and brown rice. Fry for about 3 minutes or until the prawns are just cooked.
6. Mix the beaten egg into the rice. Cook until the egg is well cooked and combined.
7. Add pepper to taste.
8. Garnish with spring onions.

## Healthier Eating Tips

Managing chronic disease doesn't mean you have to miss out on the flavours of delicious local dishes. This recipe allows you to enjoy the original flavour of laksa without having to add salt during cooking. Reducing the amount of added salt during cooking can help to manage high blood pressure.

For those who require a softer texture, replace brown rice with wholegrain noodles and use lean minced meat in place of prawn and fishcakes.