



Cook time: 20 mins

Serves: 4

Prep time: 10 mins

Laksa Fried Rice

Ingredients

- 2½ cups cold brown rice*
- 200g fresh prawns
- 2 pieces fish cakes, sliced*
- 100g 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 lemongrass, bruised with the back of a knife
- 3 tbsp laksa paste*
- Salt and pepper, to taste
- Green onions, thinly sliced

*Choose products with the Healthier Choice Symbol.

Method

- Heat canola oil in a wok. Lightly sauté onions till transparent.
- Add laksa paste, lemongrass and laksa leaves. Fry till fragrant.
- Add dried prawns and fry for 2–3 minutes.
- Add low-fat coconut milk, mix well. Then, add bean sprouts, cucumber and 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 eggs 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