

Malaysian Curry Laksa Soup

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/malaysian-curry-laksa-recipe>

Ingredients:

- 2 teaspoons coriander seeds
- 1/2 teaspoon fennel seeds
- 1 inch fresh turmeric root, peeled if needed, or use 1 tsp or more ground turmeric
- 1 inch fresh ginger root peeled if needed
- 1 green chile
- 1/2 teaspoon cayenne or use paprika plus cayenne
- 1 stalk lemongrass
- 3 cloves garlic
- 2 tablespoons raw cashews soaked for 15 mins, use almonds or pepitas for cashew-free
- 1 handful cilantro with tender stems
- 1 teaspoon lime juice
- 1 teaspoon oil
- curry paste Laksa, from above
- 2 cups white mushrooms sliced
- 3/4 cup sliced carrots
- 1 cup veggies other, choice sliced or chopped small, such as bell peppers, zucchini, broccoli etc
- 3 cups vegetable broth or water
- 13 1/2 ounces coconut milk about 1.5 cups
- 8 ounces brown rice noodles uncooked
- 1 cup spinach chopped, or chard
- salt to taste
- cayenne to taste
- sugar or sweetener if needed
- cilantro mint, for garnish, optional

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 40 grams
3. Fat: 27 grams

4. Fiber: 6 grams
5. Protein: 6 grams
6. SaturatedFat: 21 grams
7. Sodium: 960 milligrams
8. Sugar: 13 grams

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