



Is laksa just one of those foods that can't be modified to make it into a healthier option? We'd appreciate our readers trying out this modification and letting us know the results. Lots of people love a nice hot laksa, especially coming into the cooler months – but it is usually packed with saturated fat and sodium (salt). This is a healthier version to try at home, although it is not appropriate for people following a low salt diet as it still has a significant amount of salt! Choose laksa paste and chicken stock with the lowest sodium per 100g.

## Laksa Serves 4

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Original Ingredients	Modifications	Modified Ingredients
200g plain rice noodles		<b>200g plain rice noodles</b>
4 teaspoons peanut oil	<i>Use less oil, and use canola instead of peanut oil to reduce saturated fat</i>	<b>2 teaspoons olive oil</b>
400g chicken	<i>Reduce the chicken to lower overall kJ</i>	<b>300g chicken breast, cut into strips</b>
185g laksa paste	<i>Use less laksa paste to reduce the salt</i>	<b>100g (1/3 cup) laksa paste</b>
4 cups chicken stock	<i>Use salt reduced chicken stock to reduce salt</i>	<b>4 cups reduced-salt chicken stock</b>
375ml coconut milk	<i>Use coconut-flavoured evaporated milk instead of regular coconut milk to reduce saturated fat and kJ and increase the calcium</i>	<b>375ml can coconut-flavoured evaporated milk</b>
2 spring onions, sliced		<b>2 spring onions, sliced</b>
2 tablespoons coriander leaves		<b>2 tablespoons coriander leaves</b>
200g green beans	<i>Add more vegetables for fibre and nutrients</i>	<b>200g green beans, cut in half</b>
		<b>1 large carrot, sliced</b>
		<b>1 red capsicum, sliced</b>
	<i>Add lime juice for flavour without salt</i>	<b>2 tablespoons lime juice</b>
1 tablespoon fish sauce 1 tablespoon palm sugar	<i>Remove fish sauce and sugar to lower salt and kJ</i>	

### Method

- Put rice noodles into a bowl of boiling water for 15 mins to soften.
- Heat a small amount of canola oil in a frying pan. Add chicken and stir until cooked through (about 4-5 mins).
- In a large saucepan, add laksa paste to the chicken stock and bring to the boil.
- Add green beans, capsicum and carrot to the stock, lower heat and then simmer for 2-3 mins.
- Stir in the can of coconut-flavoured evaporated milk – **be careful not to boil**, or the milk will separate.
- Add lime juice to taste.
- Drain noodles and divide into bowls.
- Pour hot soup over the noodles, and top with spring onion and coriander.

### Nutritional information

	Original Recipe		Modified Recipe	
	Per Serve	Per 100g	Per Serve	Per 100g
<b>Energy (kJ)</b>	2660 (636Cal)	421 (101Cal)	2040 (487Cal)	290 (69Cal)
<b>Protein (g)</b>	37.5	5.9	37.3	5.3
<b>Fat total (g)</b>	32.4	5.1	9.8	1.4
– Saturated (g)	17.1	2.7	2.9	0.4
<b>Carbohydrate total (g)</b>	46.4	7.3	57.9	8.3
– Sugar (g)	6.4	1.0	18.7	2.7
<b>Fibre (g)</b>	4.6	0.7	6.7	1.0
<b>Sodium (mg)</b>	2560	404	1100	157
<b>Calcium (mg)</b>	62.8	9.9	333	47.4