

Seafood Laksa



**Seafood! Eat your way to better health
with Omega-3**

Master Fish Merchants' Association of Australia

Seafood Laksa

Serves 4

- 600 g fresh seafood or marinara mix
- 3 garlic cloves, crushed
- 1 medium onion, finely chopped
- 4 tablespoons laksa paste
- 400 ml can coconut milk
- 2 cups chicken stock
- 250 g rice noodles
- ½ cup coriander leaves
- 2 tablespoons vegetable oil

- Cook rice noodles in boiling water for 1 minute, drain and set aside.
- Heat oil in a saucepan, add onion, garlic and laksa paste, and cook for 2-3 minutes on a medium heat.
- Add stock and coconut milk, bring to the boil and add seafood. Simmer for 4-5 minutes until just cooked.
- Place rice noodles in bowl and spoon over seafood and soup. Sprinkle with coriander.



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healthy oceans for sustainable,
quality Australian seafood

