

Tofu and Pumpkin Laksa

Equipment needed –

Small knives, chopping boards, measuring spoons, large saucepan, kettle, large bowl, scissors and 24 small bowls.

Ingredients from the Garden –

- 8 spring onions finely chopped
- 800 grams of bok choy, washed and cut into quarters
- pumpkin, peeled and sliced
- 1 cup of coriander
- 4 long red chillies

Ingredients from the Pantry –

- 2 tablespoon vegetable oil
- 1 cup of laksa paste
- 4 cups of vegetable stock
- 4 cans of coconut milk
- 4 tablespoons of fish sauce
- 500 grams vermicelli rice
- 600 grams of silken tofu, sliced

What to do –

1. Peel and slice the pumpkin and then wash and cut the bok choy into quarters.
2. Measure out 2 tablespoon of oil and place in a large saucepan over a high heat.
3. Measure out 1 cup of laksa paste and cook for 1 minute or until fragrant.
4. Prepare 4 cups of chicken stock as per the directions on the packet. Add the stock to the saucepan. Add the coconut milk.
5. Measure out 4 tablespoons of fish sauce and add to the saucepan. Bring the pan to the boil.
6. Add the pumpkin and cook for 12 minutes or until tender.
7. Add the bok choy and cook for a further 5 minutes or until tender.
8. While the pumpkin is cooking, wash and cut the spring onions
9. Slice the tofu into small thin slices and wash, pick and chop the coriander.
10. Put on a pair of disposable gloves and slice the chillies
11. Meanwhile, fill the kettle with water and bring to the boil. Place the vermicelli rice noodles in a large bowl and cover with boiling water from the kettle. Set aside for 5 minutes.
12. Drain the noodles in a colander over the sink. Using scissors cut the noodles into smaller pieces.
13. Lay 24 small bowls out on the bench. Divide the noodles evenly into all of the bowls. Spoon over the soup. Top each bowl of soup with the sliced tofu, spring onions, coriander and chilli to serve.

Serves –

- 28 students.

