

## Vegetarian Laksa

### Thai Spice Blend Asian Dressing

*Serves 1*

*Preparation 5 minutes*

*Cooking time 5 minutes*

### Ingredients

**1¼ cup water**

**1 teaspoon Herbamare**

**1 teaspoon Thai Spice Blend**

**2 tablespoons Asian Dressing**

**Cream cheese portion size**

**Bean sprouts\***

**Bok Choy\***

**Snow peas ends removed\***

**Broccoli lightly steamed\***

**Red peppers cut into thin strips\***

**Or Asian vegetables of choice\***

**Coriander leaves (optional)**



### Method:

1. Place all vegetables in a deep soup bowl.
2. Combine water, Herbamare, **Thai Spice Blend**, and **Asian Dressing** in a medium sauce pan and bring to boil.
3. Turn off heat and add cream cheese. Blend until smooth.
4. Pour over vegetables and stand for 5 minutes before serving.
5. Garnish with fresh coriander.

\* Adjust Weight to your portion size

### ...Cook's Tips

#### *Extra servings:*

To increase servings to include the rest of the family simply times ingredients by how many servings are required. (eg. 4 x teaspoons of Thai Spice Blend. etc for four people)

#### *For variety:*

Replace cream cheese with cooked chicken breast or fish (portion size).

#### *For those not on the Quick Loss program*

Serve with egg noodles or boiled white rice.