

Thai Green Seafood Noodles 4 servings 2 hours

INGREDIENTS

75g fresh ginger
25g fresh garlic
1 small green chili
(deseeded)
50g Thai basil
50g regular basil
100g coriander
4 banana shallots
800ml coconut milk
4 lime leaves
1 stick lemongrass
2 pieces star anise
15g sugar
10g salt
1 vegetable stock cube
50g edamame beans
50g seaweed
30g samphire
Bunch of spring onions

DIRECTIONS

1. Peel and roughly chop the ginger, garlic, shallots, and deseeded chili. In a pan over medium heat, sauté them gently with a splash of oil.
2. Add the lime leaves, star anise, and coconut milk. Simmer on low heat for 1 hour.
3. While the coconut mixture is cooking, pick the leaves off the basil and coriander, keeping the stalks aside. Bring a pot of water to boil and blanch the herbs (leaves only) for 45 seconds. Immediately refresh them in ice water to retain their color, then refrigerate.
4. After 45 minutes of cooking, add the sugar, stock cube, salt, and reserved herb stalks to the coconut mixture. Continue simmering.
5. Once the hour is up, remove the coconut mixture from heat. Blend it together with the blanched herbs until smooth. Strain the mixture through a sieve and cool rapidly.
6. Prepare your protein or vegetables to serve with the sauce. For the demo, I used hand-dived scallops, mussels, clams, monkfish tails, and Argentinian prawns.
7. Combine the cooked seafood (or your chosen protein), noodles, edamame, seaweed, and samphire with the sauce. Garnish with spring onions and fresh coriander.

NOTES: Green vegetables of your choice: For the purposes of the cooking demo, I used stem broccoli & mangetout.

Noodles of your choice: I used rice noodles to keep the dish gluten-free.