MALAYSIAN · LUNCH · DINNER · SIDE

Sayur Lodeh (Vegetables in Coconut Curry Broth)

40 min · Serves 4 · 243 kcal a serve · Video 5:38 · Nomadette Eats

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

A big pot of vegetables in a turmeric and lemongrass broth, with one cup of coconut milk for four bowls: each serve gives about 5 g of fibre and more than half a day's vitamin C, mostly from the cabbage and chillies.

Scan for the video, full nutrition and more free recipes

Ingredients 18 · SERVES 4

- [ ] 4–5 **shallots** (or 1 medium onion)
- [ ] 2–3 **garlic** cloves
- [ ] 2 **lemongrass** stalks, inner core, sliced
- [ ] 1 tbsp **dried shrimps**, soaked in warm water
- [ ] 1 tbsp **belachan** (dried shrimp paste)
- [ ] 2–3 **fresh red chillies** for the paste (omit for no spice)
- [ ] 1 tbsp **turmeric powder**
- [ ] a little **oil** for frying the paste (about 1 tbsp)
- [ ] 1 **carrot**, sliced
- [ ] 2–3 **long beans**, cut into short lengths
- [ ] 800 ml **water**, plus a little for blending
- [ ] 1 small jicama (sengkuang) or sweet turnip, cut into strips
- [ ] ¼ head **cabbage**, cut into pieces
- [ ] 250 ml **coconut milk**
- [ ] **salt**, to taste
- [ ] a pinch of **sugar**, to taste
- [ ] 3–4 **tofu puffs** (or pan-fried firm tofu and tempeh)
- [ ] 2 **red chillies**, deseeded and sliced, to garnish

Allergens found in the listed ingredients: Crustacea, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Blend the shallots, garlic, lemongrass, soaked dried shrimps (with their water), belachan, red chillies and turmeric with a splash of water into a very fine paste. 0:20
2. Heat the oil in a pot and fry the paste until it dries a little and smells fragrant. 1:40
3. Add the carrot and long beans, stir briefly, then pour in the water and bring to the boil. 1:58
4. Add the jicama or turnip and the cabbage, cover and simmer about 10 minutes until the cabbage is soft and translucent. 2:36
5. Lower the heat so the soup is no longer boiling, then gently stir in the coconut milk so it doesn't split. Season with salt and sugar, add the tofu puffs and the sliced chillies, and serve with rice cakes (lontong) or rice. 3:40

> **Tip** Serves 4. Use 500 ml water for a thicker gravy. Any vegetables work; pan-fried firm tofu and tempeh are traditional and add protein. Oil, salt and sugar amounts are not given; adjust to taste.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
243 kcal 1,020 kJ	7.6 g 15% of a day	17 g 13 g net · 6.4 g sugars 6% of a day
FIBRE	**FAT**	**SODIUM**
4.7 g 17% of a day	18 g 12 g saturated 23% of a day	440 mg 19% of a day

Energy from net carbs 21% · protein 12% · fat 67% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 59% · Vitamin K 51% · Omega-3 28% · Iron 26% · Selenium 20%

Source of (10–19%) Folate 19% · Vitamin A 18% · Vitamin B6 18% · Magnesium 16% · Potassium 14% · Calcium 12% · Zinc 12% · Vitamin E 10%

Recipe and video: Nomadette Eats (@NomadettEats) on YouTube — youtube.com/watch?v=PyQlvidxDXk, published 1 April 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sayur-lodeh-vegetable-coconut-stew