

## Halibut and Coconut Laksa

by Healing Family Eats

*This recipe is absolutely delicious with wild salmon too!*

(Serves: 4)

- 1 packet [kelp noodles](#) \*
- 1 medium onion, chopped
- 1 inch piece fresh ginger, peeled and chopped
- 1 stalk lemongrass, chopped
- 1 tbsp [coconut oil](#)
- 1 tsp [ground turmeric](#)
- 2 cups chicken broth
- 2 cups [coconut milk](#)
- 4 green onions, sliced on the diagonal
- 3 small bok choy, leaves separated
- generous pinch [sea salt](#)
- 4 pieces halibut, skin removed
- cilantro leaves to garnish



Start by rinsing the noodles thoroughly. Put them into a large pan of filtered water and bring up to a boil. Turn off the heat and leave whilst you get on and make the laksa. I like to do this to give it a final rinse and start the noodles softening.

Put the onion, ginger and lemongrass into a high speed blender with 1/4 cup filtered water and whizz to a thick paste. Heat the coconut oil into a large pan and add the paste. Cook for a couple of minutes or so until fragrant and any excess water has evaporated. Stir in the turmeric, cook a further minute then pour in the broth and coconut milk. Bring up to a simmer and cook gently for 5 minutes to let the flavours infuse. Drain the noodles and add to the pan with the spring onions and bok choy. Cook a further 3-4 minutes until the greens have wilted. Add sea salt to taste.

Meanwhile, put a couple of inches worth of filtered water into a large sauté pan and bring up to a simmer. Place the halibut into the water, turn off the heat, cover with a lid and gently poach for 8-10 minutes until just opaque.

Divide the laksa between four bowls. Remove the halibut from the poaching liquor, break into large chunks and add to the laksa. Garnish with the cilantro.

\* My laksa deliberately errs on the milder side to keep it completely family friendly and low histamine. However should you want to turn up the heat somewhat, adding a splash or three of [fish sauce](#) and the juice of a lime should do the trick. Although bear in mind it won't be low histamine any more!