

Prawn, butternut squash and ginger laksa

Eating onions can be a problem for some people because they contain large quantities of fermentable carbohydrates known as fructans. Fructans escape digestion in the small intestine and can cause gas to form which can cause pain and bloating.

If you like the taste of onions in cooking a way round this is to use just the green tops of spring onions or leeks which do not contain these problematic fructans. The recipe below shows you how to do this.

Another problem with flavouring food is that commercially prepared stock often contains onions. A way to get round this is to use just a small inch of stock powder but boost the flavour using a little soy sauce and fragrant herbs such as ginger and coriander.

This recipe also works well with sliced chicken breast or smoked tofu. It is a versatile dish and can be easily adapted for meat and fish eaters or vegetarians.



Ingredients

Serves 2

- 1/4 small butternut squash
- rapeseed oil – a little
- 200ml coconut milk – reduced fat is fine
- 200ml water
- pinch of vegetable stock (optional)
- 1 tbsp ginger, grated
- salt and pepper to taste
- green leaves of 3 spring onions, chopped into rings
- 100g water chestnuts
- 150g raw prawns
- ½ lime – juice and zest
- 1 head of pak choi, sliced
- 1 tbsp chopped coriander

Method

Peel the squash and cut the flesh into small dice, roughly 2cm square. Warm a little oil in a large saucepan, add the cubes of squash and cook until lightly browned.

Pour in the coconut milk, water and pinch of stock if using and bring to the boil. Reduce the broth to a simmer and add the grated ginger and spring onion leaves. Continue cooking gently until the squash is tender.

Add raw prawns followed by the sliced pak choi and cook briskly for 5 minutes. Finish the laksa by adding the lime zest and juice followed by the chopped coriander. Adjust seasoning and serve in bowls with steamed rice.

NB 30g butternut squash is low in Polyolmanitol and Oligos – GOS and should be tolerated by most people with IBS. A 60g serving contains a moderate amount of these components.