

## Laksa with hokkien noodles

| Dietary Requirement | Problem Ingredient/s  | Suggested Substitution/s  |
|---------------------|---|---|
| Nut allergy         | -   | -   |
| Cow's milk allergy  | -   | -   |
| Egg allergy         | -   | -   |
| Fish allergy        | Fish sauce.   | Soy sauce.  |
| Shellfish allergy   | -   | -   |
| Sesame allergy      | -   | -   |
| Soybean allergy     | -   | -   |
| Wheat allergy       | Hokkien noodles.  | Rice noodles.   |
| Lupin allergy       | -   | -   |
| Coeliac Disease     | Hokkien noodles.  | Rice noodles.   |
| Gluten intolerant   | Hokkien noodles.  | Rice noodles.   |
| Lactose intolerant  | -   | -   |
| Low FODMAP          | Brown onion, garlic, chicken stock, snow peas, hokkien noodles. | Omit, garlic infused oil, low FODMAP vegetable stock, bok choy, rice noodles. |
| Vegetarian          | Chicken stock, fish sauce.                                      | Vegetable stock, soy sauce.   |
| Pescatarian         | Chicken stock.  | Vegetable stock.  |
| Vegan               | Chicken stock, fish sauce.                                      | Vegetable stock, soy sauce.   |

This dietary requirement matrix is intended as a guide only. Always check the ingredients list and allergen labelling of packaged products. For further information on ingredients provided by Sprout see our website.

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