

VIBE ACTIVITIES

Healthy Recipe – *Bryte's Seafood Laksa* page 21

Bryte's seafood laksa

Bryte is a Perth based hip hop artist and former music student at Western Australia's Abmusic College. In 2009, he released his debut album, *Full Stop*, and early this month he will release a new album *Bryte Side of Life*. He says the new album is about stepping back out of the box, taking a look at the bigger picture and taking other views into consideration when life deals you a less than desirable hand. Since his move West, Bryte has been actively involved in directing and facilitating Hip Hop workshops with organisations such as Role Models WA, Desert Feet Tour, Vibe Australia, the Clontarf Foundation, various state and private schools and many more. His advice to others is to seize every opportunity. He hopes to do just that by continuing to make music that inspires others to open their minds and fight for a better life.

"Without Hip Hop I wouldn't be where I am today. If my music can inspire and change lives the way that I was inspired to change mine, then that's something worth fighting for," he says.

"It's about never letting the trials of life get the best of you and serves as a reminder against self-pity. No matter how bad you think your life is, there is always someone worse off. Stick to your guns and never give up."



HIP HOP ARTIST BRYTE

HEALTHY
RECIPE

There are two basic types of laksa, *curry* and *asam*. This is a version of the *curry laksa*.



Serves 4

INGREDIENTS

- * 250g rice vermicelli
- * 1 tablespoon peanut oil
- * 1/4 cup laksa paste
- * 750ml fish or vegetable stock
- * 400ml coconut milk
- * 750g green prawns (shell them, but leave the tails on)
- * 250g scallops
- * 100g deep-fried tofu, quartered
- * 100g bean sprouts, trimmed
- * 1/2 cup each of fresh coriander, Vietnamese mint and Thai basil leaves, plus a bit more to serve
- * 1 small red chilli, seeds removed, cut into thin strips
- * 2 tablespoons finely chopped peanuts
- * Fried Asian shallots (you can get these at Asian food stores)

METHOD

1. Place vermicelli in a bowl, cover with boiling water and soak for 10 minutes. Drain.
2. Place oil in a wok over medium-high heat. Add laksa paste and stir-fry for 1 minute. Stir in stock, bring to the boil, then add the coconut milk and simmer for 2 minutes. Add green prawns, scallops and deep-fried tofu. Cook for 2 minutes, then add a pinch of salt.
3. Divide the noodles between serving bowls, add the bean sprouts and the fresh herbs. Pour the laksa soup over the noodles, splitting the seafood among the bowls. Garnish with slices of chilli, peanuts, shallots and extra fresh herbs.

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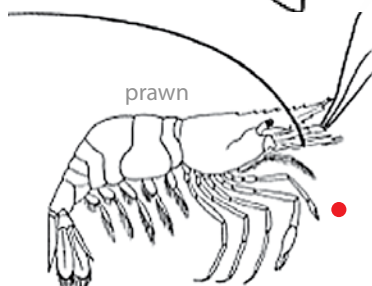
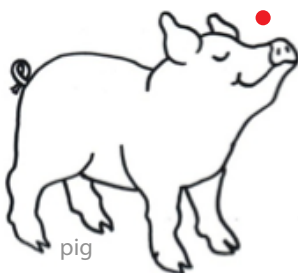
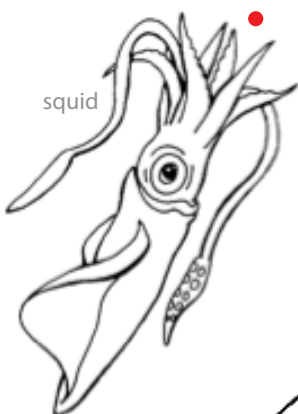
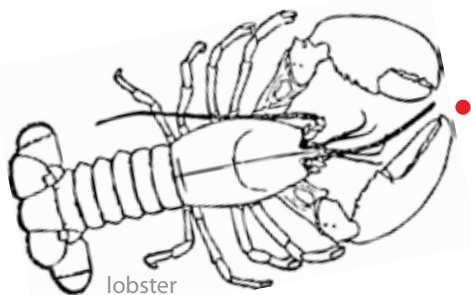
This month, hip hop artist Bryte shares his recipe for seafood laksa, a type of spicy soup.



ACTIVITY 1

WHICH OF THESE THINGS BELONG TOGETHER?

- 1** Colour the seafood. Cross out the one that doesn't belong.
Match the names of these animals with their picture.



• pig

• squid

• lobster





• prawn

• fish

ACTIVITY 2

MATCH THESE PICTURES AND WORDS

- 1** These are some of the ingredients from the seafood laksa recipe. Look at the picture on the left. Look at the words below. Cut out the word that matches each picture and glue it next to the picture.

<p>prawns</p> 	
<p>peanut</p> 	
<p>chilli pepper</p> 	
<p>coconut milk</p> 	

prawns

coconut milk





chilli pepper

peanut

ACTIVITY 3

WRITING THE LETTER P

- 1 Write the beginning letter of each picture in the box below then colour the pictures.

			
prawn	pig	peanuts	pear

ACTIVITY 4

UPPER CASE AND LOWER CASE LETTERS

- 1 Look at the **upper case** letter in each row. Circle the matching **lower case** letter in each row.

P	p	q	j
R	c	r	e
A	b	d	a

- 2 In each box find the lower case letter that matches the upper case letter and circle it.

P j q p	R c e r
N n v u	M x m n

ACTIVITY 5

RHYMING WORDS

1 Colour these pictures then cut them out.
Match them with their rhyming words.

<p>stop</p>	<p>mop</p>	<p>top</p>
		

ACTIVITY 6

DOT TO DOT

1 Join the dots. What animal is this?
Colour your picture.

