

Silverfish with Peanut Brown Rice Porridge

Serves 4

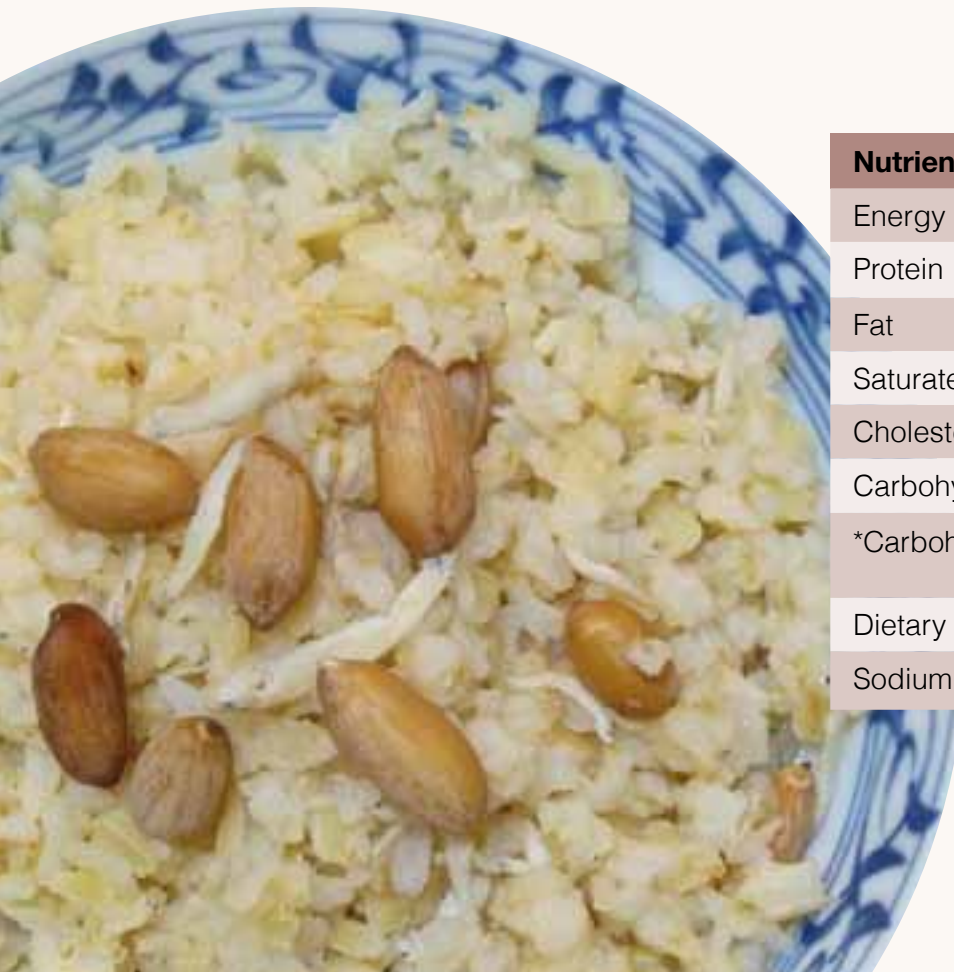
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Ingredients

1 cup brown rice, rinsed
 2 litres water
 100g silverfish, rinsed
 250g skinless chicken breast, sliced
 100g raw peanut, soaked in hot water, drained
 8 red dates, rinsed
 1 tbsp wolfberry, rinsed
 1 tsp salt

Method

1. Put brown rice, peanut, chicken meat, silverfish, red dates, wolfberry into a pot with water and bring to boil.
2. Once boiled, simmer and set at low heat for 2 to 3 hours.
3. Once cooked, season with salt.
4. Serve hot.



Nutrient Analysis (Per Serving)

Energy	410 Kcal
Protein	28 g
Fat	16 g
Saturated Fat	3.0 g
Cholesterol	122 mg
Carbohydrate	38 g
*Carbohydrate exchanges	~ 2.5 exchange
Dietary Fibre	3.7g
Sodium	530 mg