

Tung Hoon Salad

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Nutrition Information (Per Serving)	
Energy	122 kcal
Protein	2.3 g
Total Fat	4.4 g
Saturated Fat	0.6 g
Sodium	509 mg
Carbohydrate	17.9 g
*Carbohydrate exchange	1 exchange
Dietary fibre	2.5 g

Serves 6

Ingredients

2 small packets of tung hoon (mung bean vermicelli 100g), soaked in hot water for 5 minutes, drained and set aside
1 small cucumber, sliced
1 medium carrot, sliced
1 small head of iceberg lettuce, shredded
1 medium red chilli, sliced finely
1 small bunch of coriander, chopped
5 kaffir lime leaves, chopped
6 shallots, sliced
10 sprigs of lemongrass, sliced finely
1 small bunch of mint
Toasted sesame seeds

Sauce:

2 tbsp reduced salt light soy sauce
1 tbsp reduced salt fish sauce
2 large limes, extract juice
2 tsp palm sugar (gula melaka)
1 tbsp sesame oil
1 tbsp toasted peanuts, ground – optional

Method

1. Assemble all vegetables and display as desired. Add sauce when ready to serve.
2. Cooked prawns or raw salmon may be added for more protein. Serve chilled on a hot day!

