

Nutritious Barley Congee

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This recipe is a great start for those looking to increase fibre in their family's diet. Using equal portions of rice and barley, the congee is smooth and yet has an interesting chewy texture.

Serves 2

Ingredients

½ cup rice, white
 ½ cup pearl barley
 200g chicken mince
 1 carrot, chopped into 0.5cm cubes
 1 knob ginger, about the size of a thumb
 2 litres chicken stock
 100g dried white bait, rinsed
 500g xiao bai chye, blanched and chopped
 Salt to taste

Garnish (optional)

Fried shallots
 Green onions
 White pepper powder

Method

1. Wash barley and rice.
2. Add stock to barley and rice in a pot. Add ginger and whitebait.
3. Bring to a boil and cover.
4. Simmer for till barley is soft (app. 45 minutes)
5. Add chicken mince and chopped carrots and cook for a further 15 minutes.
6. Top with blanched vegetables.
7. Serve with fried shallots and green shallots and a sprinkling of white pepper.

Nutrition Information (Per Serving)

Energy	373Kcal
Protein	38g
Fat	5g
Saturated fat	1.2g
Cholesterol	95mg
Carbohydrate	42g
*Carbohydrate exchange	3 exchanges
Dietary fibre	3.2g
Sodium	1.2mg

