

**NUTRITION INFORMATION per serving**

Energy	91 kcal
Protein	7 g
Carbohydrate	12.5 g
Total fat	1 g
Saturated fat	0.3 g
Cholesterol	10 mg
Dietary fibre	1.5 g
Sodium	301 mg
Carbohydrate exchanges: ~1 exchange	

METHOD OF PREPARATION

1. Saute onions until soft and brown.
2. Steam / boil potatoes till soft. Mash and set aside.
3. Add tuna to potatoes. Add peas, black fungus, onions and seasoning. Adjust to taste.
4. Put 1 tablespoon of filling onto the middle of the pastry and twist. Apply some water, if necessary.
5. Bake in preheated oven (180 ° C) for 10 to 15 minutes until light golden.

Money bags

serves 10

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INGREDIENTS

Spring roll pastry	1 packet (around 50 pcs)
Potato	4, medium-sized
Onion	1, minced
Peas	1/2 cup
Dried black fungus	1 handful, soaked in hot water for 10 mins, then minced
Tuna	425g can, in water, drained

SEASONING

Tomato sauce	2 tbsp
Wasabi	1 tsp
Light mayonnaise	2 tbsp
Pepper	1/2 tsp
Fish sauce	2 tbsp
Soy sauce	1 tsp

Tofu with Coriander & Shallots

serves 4

INGREDIENTS

Japanese silken tofu	1 pack, 300g
Light soy sauce	4 tbsp
Star anise	1 piece
Water	2 tbsp
Corn oil	2 tbsp
Shallot	1 bulb, sliced thinly
Coriander	1 small bunch, chopped
Red chilli	1, cut into strips

METHOD OF PREPARATION

1. Heat soy sauce, star anise and water in a saucepan.
2. Discard star anise.
3. Pour the mixture over tofu.
4. Pan fry shallots until light brown.
5. Pour oil and shallots over tofu.
6. Sprinkle coriander and chilli on top.
7. Serve hot.

**NUTRITION INFORMATION per serving**

Energy	133 kcal
Protein	6 g
Carbohydrate	4 g
Total fat	10 g
Saturated fat	1.0 g
Cholesterol	0 mg
Dietary fibre	0.5 g
Sodium	1241 mg
Carbohydrate exchanges: ~0.5 exchange	