

Salad Roll

serves 1

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INGREDIENTS

1 sheet	popiah skin
1 tablespoon	low fat mayonnaise
¼ teaspoon	wasabi sauce
¼ cup	cucumber, sliced thinly lengthwise
¼ cup	julienned carrots
¼ cup	shredded lettuce
1½ matchbox size	chicken breast, shredded
1 tablespoon	chicken floss
2 tablespoons	whole wheat cereal, pounded into bits
2 teaspoons	split ikan bilis (see hot tips)

METHOD OF PREPARATION

1. Mix wasabi sauce together with the mayonnaise.
2. Spread evenly onto popiah skin.
3. Add cucumber, carrots, lettuce (arrange neatly)
4. Add chicken breast shreds and chicken floss.
5. Mix the whole wheat cereal and ikan bilis together before scattering evenly onto the ingredients above.
6. Roll in the sides of the popiah skin before rolling up lengthwise tightly.
7. Cut into five slices to serve.

HOT TIP

- Buy ikan bilis with heads and entrails removed. Cut them into small pieces and roast them in the oven for 15 minutes at ~150 degree Celsius till golden brown and fragrant.

NUTRITION INFORMATION per serving

Energy	200kcal
Protein	21g
Carbohydrate	15g
Fat	7g
Saturated fat	0.9g
Cholesterol	44mg
Dietary fibre	1.2g
Sodium	350mg
Carbohydrate exchanges:	~ 1 exchange