

# Stir-fried Tung Hoon

serves 4



**Ong Fangyi**

dietitian, National University Hospital Singapore

## INGREDIENTS

2 bundles	dry tung hoon (~80g)
1 cup	shredded cabbage
½ cup	julienned carrots
80-100g	chicken mince
6 pieces	fresh shitake mushrooms, sliced
1 square	firm beancurd
2 tablespoons	oyster sauce
1 tablespoon	black pepper sauce
1 teaspoon	sesame oil
1 teaspoon	dried prawns, diced (optional)
2 cloves	garlic, chopped finely
1	small onion, diced finely
1½ tablespoons	100% peanut oil
1 cup	water

## METHOD OF PREPARATION

1. Soak the tung hoon in warm water at least for 15 minutes.
2. Heat up the oil in a non stick frying pan/wok
3. Add garlic and onion and stir fry until fragrant and lightly brown
4. Add dried prawn(if using)and fry till fragrant.
5. Add chicken mince and stir fry till it is cooked through.
6. Add mushrooms, cabbage and carrots and stir fry for about 2 minutes.
7. Add beancurd followed by the mixture of black pepper sauce and oyster sauce from above.
8. Add water.
9. Add tung hoon and let it simmer till most of the water has evaporated.
10. Add sesame oil and turn off the heat. Serve hot.

## NUTRITION INFORMATION per serving

Energy	240kcal
Protein	11g
Carbohydrate	27g
Fat	10g
Saturated fat	7.6g
Cholesterol	21mg
Dietary fibre	1.6g
Sodium	346mg
Carbohydrate exchanges: ~2 exchanges	

## HOT TIPS

- Unbleached tung hoon can be purchased from organic food shops.
- You can get beancurd enriched with omega 3 at the supermarket.