



HEALTHY ROJAK

serves 2

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NUTRITION INFORMATION per serving

| | |
|------------------------|---------------|
| Energy | 100 kcal |
| Protein | 2g |
| Carbohydrate | 11g |
| Total Fat | 5g |
| Saturated Fat | 1g |
| Dietary fibre | 2g |
| Sugars | 9g |
| Sodium | 214mg |
| Carbohydrate exchange: | 0.7 exchanges |

INGREDIENTS

| | |
|------------------|-----------------|
| Pineapple | 10g, sliced |
| Guava | 10g, sliced |
| Turnip | 10g, sliced |
| Green mango | 5g, julienned |
| Green papaya | 5g, julienned |
| Chilli padi | ½ piece, sliced |
| Brown sugar | ½ tbsp |
| Tamarind paste | 1g |
| Shrimp paste | 5g |
| Red chili paste | 2g |
| Unsalted peanuts | ½ tbsp, chopped |

METHOD OF PREPARATION

1. In a bowl, slice the pineapple, guava and turnip into layers; and julienne the green mango and green papaya.
2. Mix the sliced and julienned fruits together and scatter the chilli padi on top.
3. In another bowl, mix the tamarind paste, shrimp paste and brown sugar.
4. Add in the red chilli paste to thicken the consistency of the sauce to get a thick sauce.
5. Pour this delicious sauce over the salad, then toss it.
6. Top it all with chopped peanuts.