



STIR-FRIED BEANCURD SKIN

serves 2

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Dietitian

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INGREDIENTS

beancurd skin	80g
carrot	1/3 medium
corn	2 dessert spoon
round cabbage	3 leaves
black fungus	2 medium size
red chillies	1/2 medium
cucumber	1/3 medium
salt	1/2 teaspoon
vinegar	1 dessert spoon

METHOD OF PREPARATION

1. Slice the bean curd skin to about 1cm in diameter and soak in hot water.
2. Cut the carrot, round cabbage, black fungus and cucumber into thin slices.
3. Soak the cucumber and carrot slices in vinegar.
4. Add oil to the non-stick pan. Add bean curd skin, cabbage, black fungus and corn when the pan is heated. Stir-fry till all ingredients are cooked.
5. Add the chillies before turning down the fire and add salt to taste.
6. Finally, garnish the dish with slices of carrot and cucumber and serve.

NUTRITION INFORMATION per serving

Energy	124Kcal
Carbohydrate	9.6 g
Protein	12 g
Fat	4.5 g
Saturated fat	0.6g
Cholesterol	0 mg
Dietary fibre	3.6 g
Sodium	400 mg
Carbohydrate Exchanges	= < 1 exchanges

- **Suitable for vegetarians**
- **Add garlic for better taste and fragrance**