



# Fried Kway Teow

serves 4

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## INGREDIENTS

Kway Teow	400g
Lean beef, sliced	100g
Medium prawns, peeled and deveined	12
Egg, lightly beaten	2
Bean sprout	120g
Medium carrot, cut into thin strips	2
Spring onions or chives, chopped	½ cup
Garlic cloves, finely chopped	3
Canola oil	1 tablespoon
<i>Mix the seasoning:</i>	
Dark soy sauce	1 tablespoon
Light soy sauce	2 tablespoons
Fish sauce	½ Teaspoon
Sugar	1 teaspoon
Pepper	A dash

## METHOD OF PREPARATION

1. Heat the oil in a wok over a medium-high heat.
2. Add the garlics and sauté for a few minutes.
3. Stir fry the beef and prawns with garlic for 2 to 3 minutes or until they are just cooked. Dish onto a serving plate and set aside.
4. Add the Kway teow and seasoning. Stir-fry for 1 to 2 minutes or until mixed.
5. Add the egg and stir fry for 30 seconds. Add the bean sprouts, carrot, half the spring onion/chives and stir fry for 2 minutes or until egg is just cooked.
6. Add the beef and prawns into the mixture and stir fry until combined.
7. Sprinkle with the remaining spring onion/chives.

## NUTRITION INFORMATION per serving

Energy	264 kcal
Protein	17g
Carbohydrate	30g
Total Fat	8g
Saturated Fat	2g
Dietary Fibre	2g
Cholesterol	152mg
Sodium	685mg
Carbohydrate exchange:	2 exchanges