

Fish Fusilli Soup

SERVES 2

Ingredients

- 100g whole wheat fusilli
- 200ml reduced salt chicken broth
- 150ml water
- 200g fish fillet, thinly sliced
- ½ cup bean sprouts
- 1 cup spinach, finely chopped
- 1 tsp sesame oil
- 1 stalk coriander, chopped
- A pinch of pepper



Method of preparation

1. Cook fusilli in a pot of boiling water. Drain and rinse with cold water. Portion out and set aside in serving bowls.
2. Bring chicken broth and water to boil in a pot. Add in fish fillet and cook until tender.
3. Add bean sprouts and spinach, continue to cook for 2 minutes.
4. Season with pepper and sesame oil.
5. Switch off heat when the fish is thoroughly cooked
6. Pour the soup over the fusilli. Sprinkle with coriander and serve hot.

Nutrition Information Per Serving

Energy	355kcal
Carbohydrate	39g
Protein	33g
Total fat	8g
Saturated fat	1.4g
Cholesterol	60mg
Dietary fibre	0.5g
Sodium	97mg
Carbohydrate exchange	~2.5 exchange

About the author: Janie Chua is a senior dietitian with National Healthcare Group Polyclinics. She provides dietetic counselling to patients, as well as conducts talks and cooking demonstrations for community health programmes. Janie hopes to reach out to the public and raise awareness about health and nutrition through both primary care and community settings.