



Photo : Radu Razvan



Nutrition Information (Per Serving)

Energy:	202 kcal
Protein:	19 g
Total fat:	6 g
Saturated fat:	0.9 g (15.0% of total fat)
Cholesterol:	141 mg
Carbohydrate:	18 g
Dietary fibre:	1.4 g
Sodium:	871 mg

Carbohydrate exchange = 1.2 exchange
One carbohydrate exchange = 15g carbohydrate.

NB: Apart from canola oil, other types of cooking oil such as corn oil, sunflower oil, 100% groundnut oil, olive oil, etc, which are lower in saturated fats and higher in monounsaturated fats content, will not affect blood lipids.

Some like it
HOT

Some like it
COLD

Wong Yuefen, dietitian, National Healthcare Group Polyclinics, whips up two low cholesterol recipes – a fruitful baked seafood relish which makes for a warm and fuzzy appetizer or main course and a ‘soba so good’ dish for busy bees or culinary dunces. You’ll have these ready in a jiffy!

Prawn & Mango Relish

Serves 4

INGREDIENTS

- 4 teaspoons canola oil
- 2 stalks coriander
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 300g prawns, shelled, de-veined and patted dry
- 1 large ripe mango, peeled and diced
- 4 shallots, sliced thinly
- 8 slices pickled ginger, sliced thinly
- Zest of 1 lime
- 1 tablespoon lime juice

INSTRUCTIONS

1. Preheat oven to 180°C.
2. In a large bowl, combine 2 teaspoons oil, coriander, garlic, salt, and pepper. Add prawns and toss to combine, then spread in a single layer on a large baking pan lined with aluminum foil. Bake for 10 to 15 minutes or until prawns are just cooked.
3. In a medium bowl, combine mango, shallots, ginger, lime zest, lime juice, and remaining 2 teaspoons oil and toss to coat.
4. To serve, divide prawns among four dinner plates and top with mango relish.