



GRANDMA'S FAMOUS SLICED FISH WITH BEEHOON SOUP SERVES 4

by Chef Eric Teo

ingredients




200g Toman fillet, sliced and blanched
 200g brown rice spaghetti, soaked and drained
 2 tomatoes, cut into wedges
 2 spring onion, cut into 2-inch lengths
 5g ginger, sliced and blanched
 1 tsp sesame oil
 6 tbsp low-fat evaporated milk
 6 cups hot water
 25ml concentrated chicken stock
 1 tbsp corn oil
 Salt & pepper to taste



method of preparation

1. Heat up 1 tablespoon of oil in wok. Stir-fry sliced ginger until fragrant.
2. Pour in 6 cups of hot water. Add in concentrated chicken stock to boil for 2 minutes.
3. Add brown rice spaghetti, Toman fillet slices, tomato wedges, spring onion, sesame oil and low fat evaporated milk. Cook for 2 minutes.
4. Add salt and pepper to taste.
5. Ready to serve.

HOT TIPS

-  For soup-based dishes, skim away visible fat or oil after cooking to maximise the healthfulness of the dish.
-  Use more water when cooking whole grains, as whole grains absorb more water than refined grains.
-  Select low-salt soup stocks or prepare at home.

NUTRITION INFORMATION per serving:

Energy (1 kcal = 4.2kJ)	303kcal
Protein	14.3g
Total fat (g and % of total calories)	5.8g (18.5%)
Saturated fat	0.9g
Cholesterol	25mg
Carbohydrate	43g
Dietary Fibre	3.2g
Sodium	617mg

Try substituting
 beehoon with brown
 rice spaghetti for a
 healthier alternative.

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