

FRUIT ROJAK



2 servings



Prep: 15 min



Cook 0 min



INGREDIENTS

- 1 tbsp Tamarind Paste
- ½ tbsp Fermented Prawn Paste
- 1 tbsp Sugar
- 130g Apple, small, sliced
- 80g Guava, deseeded and sliced
- 130g Pineapple, sliced
- 6pc Cherry Tomato, halved
- 1 tbsp Roasted Peanuts, unsalted, crushed

METHODS

1. Dissolve tamarind paste in 2 tablespoons of warm water.
2. In a large mixing bowl, prepare the rojak sauce by combining the tamarind mixture, fermented prawn paste and sugar.
3. Add in the rest of the ingredients to the bowl.
4. Stir and mix well.
5. Sprinkle with crushed peanuts.
6. Ready to serve.

TIP:

Use any fruit that you like to mix into the rojak sauce, but preferably avoid fruits with high water content as they may dilute the sauce



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Nutrition Information (per serving)

Energy 189kcal, Carbohydrate 33.3g, Protein 3.8g, Fats 3.2g, Saturated Fats 0.5g, Polyunsaturated Fats >0.2g, Monounsaturated Fats >1.8g, Cholesterol >0mg, Dietary Fibre >6.0g, Sodium 120mg, Potassium >332mg, Phosphate >58mg

