

AHA Magazine Series...Jul-Aug 2021

Hokkien Noodles

Serve: 4 pax



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> • 300g prawns, medium with shell • 1½ tbsp oil • 750ml low sodium chicken stock* • 180g squid, cut into ¼" rings • 5g garlic, minced • 2 eggs, beaten • Wholegrain Noodles <ul style="list-style-type: none"> - 250g of wholegrain yellow noodle - 250g thick laksa bee hoon • 250g of chye sim, cut into 2" length <p><i>Optional</i></p> <ul style="list-style-type: none"> • 1 dash of pepper • 1 dash of sesame oil <p><small>*Chicken stock= 4tsp low sodium concentrated chicken stock + 750ml water</small></p>	Energy (kcal)	349
	Carbohydrate (g)	39.7
	Protein (g)	35.6
	Fat (g)	12.5
	<ul style="list-style-type: none"> • Saturated Fat (g) 	2.9
	<ul style="list-style-type: none"> • Polyunsaturated Fat (g) 	2.9
	<ul style="list-style-type: none"> • Monounsaturated Fat (g) 	3.7
	Cholesterol (mg)	360
	Dietary Fibre (g)	4.3
	Sodium (mg)	1056
Potassium (mg)	382	
Phosphate (mg)	287	

METHODS

1. Peel the prawn heads and shells, set aside.
2. In a hot pot, add ½ tbsp of oil, prawn heads and shells, fry them until fragrant. Add in chicken stock mixture and boil for at least 30 mins to make the prawn broth.
3. Blanch de-shelled prawns & cut squid in boiling prawn broth for 30 seconds.
4. In a hot wok, add 1 tbsp of oil and fry garlic until fragrant. Add in eggs and scramble.
5. Add in noodles and fry until they just begin to sear.
6. Add in 1/3 of the prawn broth and fry until stock has dried up. Add in another 1/3 of the broth and simmer for 5 minutes at low heat.
7. Lastly, stir in prawns, squid and chye sim. Add remaining stock, fry for another 1-2 minutes and plate.

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