

# LAKSA FRIED RICE



2 servings



Prep: 10 mins



Cook: 20 mins



## INGREDIENTS

- ½ medium onion, chopped
- 1 tbsp oil
- 2 tbsp laksa fried rice paste
- 20 laksa leaves
- 100g bean sprouts, raw
- 100g prawns, raw
- 300g brown rice, cooked
- 2 egg, beaten

## METHODS

1. Heat oil in pan. Lightly sauté onions till translucent.
2. Add laksa paste and leaves, fry for 2 minutes till fragrant.
3. Add bean sprouts and stir fry until softened.
4. Add prawns and fry till pink. Add brown rice.
5. Push rice mixture to one side and pour in beaten egg, fry and mix into rice.
6. Serve and enjoy!



ONE-DISH  
MEALS



WHOLEGRAIN  
WEDNESDAY

### Nutrition Information (per serving)

Energy 599kcal, Carbohydrate 54.3g, Protein 26g, Fats 30g, Saturated Fats 8.6g, Polyunsaturated Fats 7.7g, Monounsaturated Fats 10.4g, Cholesterol 298mg, Dietary Fibre 4.5g, Sodium 506mg, Potassium 516mg, Phosphate 432mg



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