




NGOH HIANG

 4 servings  Prep: 30 mins  Cook: 10 mins



INGREDIENTS

8 sheets	Dried bean curd skin, sized 12cm x15cm
150g	Chicken fillet, minced
50g	Shrimp, shelled and minced
90g	Taukwa, mashed
1	Egg, beaten
50g	Carrot, shredded
1 tbsp	Soy sauce, less sodium
¼ tsp	Ground white pepper

METHODS

1. Wipe the bean curd skin with wet kitchen towel to remove excess salt and set aside.
2. Mix chicken fillet, shrimp, tau kwa, egg, carrot in a large bowl. Marinate the filling with soy sauce and white pepper. Divide the marinated filling into 8 equal portions.
3. Lay out the prepared bean curd skin on your work surface. Spoon one of the marinated filling and arrange along the edge of skin, leaving a ½-inch gap from the edge. Roll the filling into a slim sausage.
4. After rolling the filling, fold the sides over and set aside. Repeat the steps until finish all the fillings.
5. Place the Ngoh Hiang into the air fryer leaving some space around each other. Air fry at 200°C for 10 minutes or until golden brown. Flip the Ngoh Hiang halfway during air-frying to make sure it's evenly cooked.
6. Serve hot and enjoy!



FESTIVE
DISHES



< 500 KCAL
DISHES

Nutrition Information (per serving)

Energy 105kcal, Carbohydrate 2.9g, Protein 16.1g, Fats 3.0g, Saturated Fats 0.7g, Polyunsaturated Fats 0.4g, Monounsaturated Fats 0.7g, Cholesterol 94mg, Dietary Fibre 1.3g, Sodium 344.mg, Potassium 241mg, Phosphate 150mg

