

ORH NEE



3 serves



Prep: 10 mins



Cook: 15 mins

INGREDIENTS

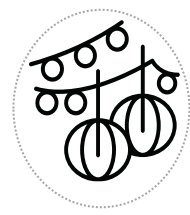
250g	Yam (Peeled & Sliced)
100g	Pumpkin (Peeled & Sliced)
3 pcs	Pandan Leaves
60ml	Coconut Cream
A pinch	Salt lower sodium
6 sticks	Equal Sugar
50g	Ginkgo Nuts

METHODS

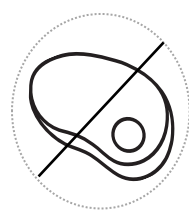
1. Steam yam and pumpkin with pandan leaves over high heat for 10 minutes until they can be mashed easily.
2. Blend yam and pumpkin respectively until smooth. Set aside.
3. In a heated pan, add coconut milk and salt and mix well over low heat.
4. Add yam and sugar and mix well over low to medium heat.
5. Serve yam with pumpkin and ginkgo nuts

Tip:

If you wish for your orh nee to be less thick, add water to dilute



FESTIVE
DISHES



MEATLESS
MONDAY

Nutrition Information (per serving)

Energy 144 kcal, Carbohydrate 42.92 g, Protein 3.69 g, Fats 7.18 g, Saturated Fats 5.28 g, Polyunsaturated Fats 0.64 g, Monounsaturated Fats 1.32 g, Cholesterol 0.83 mg, Dietary Fibre >5.50 g, Sodium 46.10 mg, Potassium 1190.67 mg, Phosphate >101.83 mg

