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Stone Pot Abalone SuperRice

Chinese New Year is here again! Use this specially created recipe to prepare a sumptuous and nutritious meal during this festive season. Bring your family closer together in a delicious and healthy way!

Ingredients

- 1 ½ (200g) Rice Cup New Moon SuperRice, raw
 - 3g dried kelp
 - 2 ¾ Rice Cup hot water (for soaking dried kelp)
 - 280g New Moon IQF Australian Abalone
 - ½ Tbsp sesame oil
 - 5g butter
 - 1 Cup spring onion, chopped
 - 8 Tbsp Homemade Hot Pot Sauce
- 2 Tbsp light soy sauce, reduced sodium
 - 1 Tbsp sugar
 - 1 Tbsp white sesame seeds
 - 1 Tbsp sesame oil
 - 2 garlic, chopped
 - 2 Tbsp spring onion, chopped

Homemade Hot Pot Sauce:



Nutritional Information

(per serving)

Energy (kcal)	365
Carbohydrate (g)	48
Protein (g)	14
Fat (g)	12
● Saturated Fat (g)	2
● Polyunsaturated Fat (g)	4.8
● Monounsaturated Fat (g)	5.0
Cholesterol (mg)	>44
Dietary Fibre (g)	2.7
Sodium (mg)	515
Potassium (mg)	>322
Phosphate (mg)	>293

Method

1. Rinse SuperRice. Drain. Set aside.
2. Soak dried kelp in hot water for 30 mins.
3. Defrost abalone according to packaging instructions.
4. De-shell and separate abalone and guts. Slice the abalone. Set aside.
5. Cut the guts up using scissors. Set aside.
6. In a heated non-stick pot, add in ½ Tbsp sesame oil and fry the guts for 1-2 mins.
7. Add the rinsed SuperRice, kelp and kelp liquid. Continue cooking until liquid boils. Turn heat down, cover and simmer for 10 minutes or until rice is tender. Remove from heat.
8. Prepare the sauce by adding the 6 sauce ingredients in a small bowl.
9. In a heated pan, add butter and pan-fry the abalone slices for 1 min.
10. Add the chopped spring onions, abalone slices and homemade sauce to the cooked SuperRice and mix thoroughly.

Tip: Serve the rice with Blanched Chye Sim, Siew Pai Chye or Kai Lan for a complete meal.



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