

All About...

Sayur Lodeh

Serves: 4 pax



| INGREDIENTS | NUTRITIONAL INFORMATION (per serving) | |
|---------------------------|---|---------------|
| | <ul style="list-style-type: none"> • Sayur Lodeh Rempah • ½ cup long bean • ½ cup white cabbage • 1 carrot (medium) • 2 firm tofu, air-fried • 1½ cup water • 1 cup coconut milk, low fat • 1½ tsp GoodSalt, low sodium salt • Sayur Lodeh Rempah 2 medium onions; 2.5 cm of turmeric, garlic, ginger, galangal; 4 candlenuts; 2 tbsp oil; 1 tbsp chilli paste; 1 tsp cumin; 1 tsp coriander powder; 1 tsp fennel seed; 2 bay leaves and 2 stalks of lemongrass | Energy (kcal) |
| Carbohydrate (g) | | 12.7 |
| Protein (g) | | 10.4 |
| Fat (g) | | 8.4 |
| • Saturated Fat (g) | | 2.7 |
| • Polyunsaturated Fat (g) | | 2.8 |
| • Monounsaturated Fat (g) | | 1.6 |
| Cholesterol (mg) | | 0 |
| Dietary Fibre (g) | | 7.3 |
| Sodium (mg) | | 481 |
| Potassium (mg) | | 444 |
| Phosphate (mg) | | 199 |

Methods

1. To prepare the Rempah and spices
 - a. Blend onions, turmeric, garlic, ginger, galangal, candlenut, oil and chilli paste together until smooth.
 - b. Crush lemongrass and keep cumin, coriander powder, fennel seeds and bay leave intact.
2. In a heated pot, fry the Rempah, cumin, coriander powder, fennel, bay leaves and lemongrass till the aroma arises.
3. Add in water, coconut milk and salt.
4. Add in long bean, white cabbage and carrot and mix well in the pot.
5. Lastly, add in the tofu and simmer the mixture for at least 15 minutes.
6. Remove crushed lemon grass and bay leaves before serving. Serve hot with steamed Ketupat.

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