

SLICED FISH BEE HOON SOUP



2 servings



Prep: 10 min



Cook: 10 min



INGREDIENTS

- 100 g brown rice bee hoon, soaked and drained
- ½ tbsp rice bran oil
- 50 g ginger, sliced
- 3 tsps concentrated chicken stock, lower in sodium
- 150 g Toman fish, sliced
- 2 tomato, cut into wedges
- 1 tsp sesame oil
- 3 tbsps evaporated milk, low fat

OPTIONAL

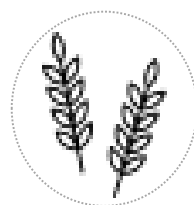
- 2 spring onion, chopped
- pepper for taste

METHODS

1. In a heated wok, add in rice bran oil.
2. Stir-fry the sliced ginger until fragrant.
3. Pour in 750ml of water and bring it to a boil.
4. Add in concentrated stock and boil for another 2 minutes.
5. Add in bee hoon, sliced Toman fish, tomatoes, sesame oil and low fat evaporated milk.
6. Cook for 2 minutes or until the fish is cooked.
7. Add spring onion and pepper and enjoy!



< 500 KCAL
DISHES



WHOLEGRAIN
WEDNESDAY



BALANCED
MEALS

Nutrition Information (per serving)

Energy 399 kcal, Carbohydrate 50g, Protein 21g, Fats 11g, Saturated Fats 3g, Polyunsaturated Fats > 2.4g, Monounsaturated Fats > 2.7g, Cholesterol 47mg, Dietary Fibre 2.4g, Sodium 537mg, Potassium > 354mg, Phosphate > 39mg



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