

# All About Sweet Potato...

## Sweet Potato Rice

Serves: 4 pax



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> <li>• 1.5 tbsp soybean oil</li> <li>• 25 g dried shrimps, soaked for 5min &amp; drained</li> <li>• 1 clove garlic, minced</li> <li>• 1 pc ginger, sliced</li> <li>• 175 g sweet potato, peeled &amp; cubed</li> <li>• 4 fresh shitake mushrooms, sliced</li> <li>• 1.5 cup uncooked mixed brown rice, washed &amp; drained</li> <li>• 225 ml water</li>   <li>Optional</li> <li>• ½ tbsp light soya sauce</li> </ul>	Energy (kcal)	397
	Carbohydrate (g)	65
	Protein (g)	11
	Fat (g)	9
	• Saturated Fat (g)	1
	• Polyunsaturated Fat (g)	5
	• Monounsaturated Fat (g)	2
	Cholesterol (mg)	40
	Dietary Fibre (g)	4
	Sodium (mg)	134

### Methods

1. Heat oil in wok. Using medium heat, fry the dried shrimps for about a minute till fragrant.
2. Add in garlic and ginger, continue to stir fry.
3. Add in sweet potato and shitake mushrooms, continue to stir fry for 2 minutes.
4. Add in rice and mix well. Turn off the heat.
5. Transfer all the ingredients from the wok into a rice cooker.
6. Add water into the rice cooker and cook the rice.
7. Stir the rice halfway during the cooking process. Once the rice is cooked, let it rest for about 10 to 20 minutes before serving.

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