

Tomato Egg Spinach Noodle Soup



2 servings



Prep: 10 mins



Cook: 15 mins



INGREDIENTS

- 200 g wholegrain noodle
- 2 tomatoes, medium
- 2 eggs, medium
- 2 tbsps rice bran oil
- 10 g soya sauce, reduced salt
- ½ onion, large
- 4 garlic cloves
- 200 g round spinach

OPTIONAL

- 2 spring onion, chopped
- pepper for taste

METHODS

1. Cook the noodle for 2-3mins and set aside.
2. Diced the tomatoes into small pieces.
3. Wash the spinach thoroughly and set aside.
4. In a small bowl, beat the eggs and set aside.
5. In a pan with heated oil, stir fry the onion and garlic till golden brown.
6. Add the diced tomatoes and cook until soft.
7. Add in the soya sauce and 500ml of water. Bring it to a boil.
8. Stir the soup while adding the egg mixture slowly.
9. Blanch the spinach and set aside.
10. Pour the soup over the cooked noodles. Top with the blanched spinach or spring onion and pepper. Enjoy!



ONE-DISH
MEALS



< 500 KCAL
DISHES



WHOLEGRAIN
WEDNESDAY

Nutrition Information (per serving)

Energy 477kcal, Carbohydrate 42.8g, Protein 16.4g, Fats 25.7g, Saturated Fats 6g, Polyunsaturated Fats 6.7g, Monounsaturated Fats 8.9g, Cholesterol 215mg, Dietary Fibre 8.6g, Sodium 562.7mg, Potassium 1060mg, Phosphate 173mg



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