




# YU SHENG

 4 servings  Prep: 30 mins  Cook: 4 mins



## INGREDIENTS

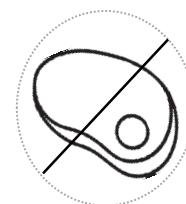
4 sheets	Popiah skin
100g	Daikon, thinly shredded
50g	Carrot, thinly shredded
60g	Cucumber, thinly shredded
1	Golden pear, thinly shredded
60g	Yellow capsicum, thinly shredded
60g	Purple cabbage, julienned
180g	Home-made Yu Sheng dressing

## METHODS

1. Air fry popiah skin at 180°C for 4 minutes. Crush air-fried skin into smaller pieces.
2. Assemble shredded daikon, cucumber, golden pear, yellow capsicum and purple cabbage in a circle onto a large round plate.
3. Pour the home-made Yu Sheng dressing over the vegetables while saying auspicious phrases.
4. Gather everyone around the table and proceed with the lo hei ceremony!



FESTIVE  
DISHERS






MEATLESS  
MONDAY

### Nutrition Information (per serving)

Energy 179kcal, Carbohydrate 16.4g, Protein 4.4g, Fats 9.8g, Saturated Fats 1.7g, Polyunsaturated Fats 2.4g, Monounsaturated Fats 5.1g, Cholesterol 0mg, Dietary Fibre 3.4g, Sodium 167mg, Potassium 256mg, Phosphate 68mg



# HOME-MADE YU SHENG DRESSING

 4 servings  Prep: 5 mins  Cook: 0 mins



## INGREDIENTS

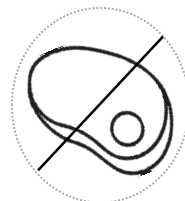
2 tbsps Plum sauce  
100ml Water  
10ml Lemon juice  
¼ tsp Five spice powder  
¼ tsp Ground pepper  
50g Roasted peanuts,  
chopped  
15ml Corn oil

## METHODS

1. In a bowl, mix 2 tablespoons of plum sauce with 100ml water.
2. Add in lemon juice, five spice powder, ground pepper, roasted peanuts and corn oil. Mix well.
3. Pour over Yu Sheng and enjoy!



FESTIVE  
DISHERS



MEATLESS  
MONDAY

## Nutrition Information (per serving)

Energy 133kcal, Carbohydrate 8.7g, Protein 3.1g, Fats 9.5g, Saturated Fats 1.5g, Polyunsaturated Fats 2.4g, Monounsaturated Fats 5.1g, Cholesterol 0mg, Dietary Fibre 1.2g, Sodium 123mg, Potassium 81mg, Phosphate 48mg



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