



ACTIVE LEARNING

Keep your mind active and learn new things! Pick up a new language or learn how to fold origami sculptures. Learning builds up the brain's resilience which may delay the onset of dementia and help lessen its effects.

#3 Food for thought: Eat Well Live Well Think Well

Sea Bass Fish Congee with Carrot

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Chef Mok Jey Lun

Ingredients

Sea bass fish (sliced)	120 g
Brown rice (uncooked)	¾ cup
Carrot (diced)	½ cup
Corn starch	1 tsp
Light soy sauce	2 tsp
Sesame oil	1 tsp

Spring onions (cut into strips) for garnishing

Nutritional Information (500 g per serving)

Energy	380 kcal
Carbohydrate	62 g
Protein	18 g
Fat	5 g
Saturated Fat	1 g
Cholesterol	5 mg
Dietary Fibre	4 g
Sodium	490 mg

Cooking Method

1. Add washed rice and 3 cups water to a pot. Bring to a boil.
2. Simmer for about 20 minutes. Stir bottom of pot occasionally to prevent rice from sticking to the base.
3. Meanwhile, marinate the fish slices with 1 tsp light soy sauce and corn starch. Set aside.
4. When congee has cooked to preferred consistency, place fish slices and diced carrots into congee. Cook for about 5 minutes under low heat.
5. Season congee to taste with light soy sauce and sesame oil.
6. Garnish congee with spring onions and serve hot.