



**Khoo Teck Puat
Hospital**
National Healthcare Group



MINDFULNESS

Notice the colours and smells of the food you are about to eat. Chew slowly and pay attention to the texture of the food. This is one way of practicing mindfulness and it improves physical and mental well-being.

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

Brown Rice Bee Hoon with Egg & Bitter Gourd

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Chef Huang Jin Song

Ingredients

Brown rice bee hoon (uncooked).....	100 g
Goji berries (pre-soaked and drained)	2 tsp
Canola oil	1 Tbsp
Light soy sauce	1 Tbsp
Baby bitter gourd (thinly sliced).....	1 (about 100g)
Garlic (minced)	1 clove
Eggs.....	2

(Coriander for garnishing)

Nutritional Information (160 g per serving)

Energy	380 kcal
Carbohydrate	44 g
Protein	11 g
Fat	12 g
Saturated Fat	2 g
Cholesterol	150 mg
Dietary Fibre	3 g
Sodium	460 mg

Cooking Method

1. Soak brown rice bee hoon in water until soft. Drain and set aside.
2. Beat eggs and set aside.
3. Heat canola oil in a wok and stir fry garlic until fragrant.
4. Add bitter gourd. Stir fry for 2 more minutes.
5. Add ¼ cup water and soy sauce, simmer until bitter gourd softens.
6. Add bee hoon and cook until soft.
7. Add in eggs and goji berries and mix with bee hoon, stir fry for 1 minute. Garnish with coriander to serve.