



**Khoo Teck Puat
Hospital**
National Healthcare Group



OMEGA-3 FATTY ACIDS

Unsaturated fatty acids have protective effects against the development of dementia, they have anti-oxidative impacts for the brain as well as heart healthy benefits.

Nasi Ulam

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8 Healthy
Tasty
Easy

Goodlife!
Makan

A Programme by MontfortCare



Adapted from the recipe contributed by
Ruby Goh, Goodlife! Makan



Chef Tuthi Tay

Ingredients

Mixed brown rice (uncooked)	2 cup
Dried shrimps (pre-soaked and drained).....	2 Tbsp
Grated coconut	40 g
Lemongrass.....	1 stalk
Medium shallot	1
Kaffir lime leaves	2
Ginger flower	1
Mint leaves	10

(Cucumber slices for garnishing)

Nutritional Information (200 g per serving)

Energy	370 kcal
Carbohydrate	43 g
Protein	14 g
Fat	15 g
Saturated Fat	12 g
Cholesterol	97 mg
Dietary Fibre	5 g
Sodium	360 mg

Cooking Method

1. Cook rice in a rice cooker, leave it to cool after cooked.
2. Coarsely pound drained dried shrimps using a mortar and pestle. Heat up a wok and dry toast pounded shrimp until dry and aromatic.
3. Make grated coconut into kerisik by stir frying coconut continuously in a wok, until they turn brown. Transfer to mortar and pestle and pound until fine.
4. Finely slice kaffir leaves, shallot, ginger flower and lemongrass.
5. In a big bowl, combine cooked rice and all the herbs, toasted coconut and dried shrimps together. Toss to combine well. Serve hot.