



#### B-GROUP VITAMINS

B vitamins can reduce the rate of brain atrophy. Folate is a type of B Vitamin found in many vegetables like spinach, broccoli, bok choy, and cauliflower.

## Poached Chinese Spinach with Gold & Silver Fish

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Chef Ho Jun Leong

## Ingredients

- Bayam (Chinese spinach) ..... 300 g
  - Ikan bilis (pre-soaked and drained)..... 1 Tbsp
  - Chicken stock with “Healthier Choice Symbol” ..... ½ cube
  - Garlic (minced) ..... 2 tsp
  - Silver fish (pre-soaked) ..... 1 tsp
  - Canola oil ..... 1 tsp
- (Salt and pepper to taste)*

## Nutritional Information (300 g per serving)

- Energy ..... 80 kcal
- Carbohydrate ..... 3 g
- Protein ..... 10 g
- Fat ..... 2 g
- Saturated Fat ..... 0 g
- Cholesterol ..... 15 mg
- Dietary Fibre ..... 3 g
- Sodium ..... 390 mg

## Cooking Method

1. Peel stems of spinach leaves and slice to about 2-3 cm lengths.
2. Heat wok, add 1 tsp canola oil, sauté silver fish until golden brown. Set aside.
3. Using same wok, sauté garlic, add ikan bilis and toss continuously, followed by adding the chicken stock in 1 cup water.
4. Stir continuously until vegetables are soft.
5. Add silver fish and stir until cooked. Serve immediately.