




FISH & CENTURY EGG PORRIDGE

 2 servings  Prep: 10 mins  Cook: 30 mins



INGREDIENTS

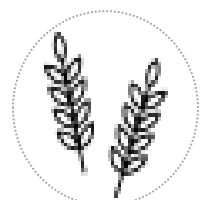
- 6 shiitake mushrooms, dried, rinsed
- $\frac{3}{4}$ cup brown rice, uncooked, rinsed
- $1\frac{1}{2}$ tsp chicken stock, concentrated, lower in salt
- 1 cup mixed vegetables, frozen
- 120 g dory fish, sliced
- 1 inch ginger, sliced
- 1 century egg, chopped
- $1\frac{1}{2}$ tsp sesame oil

METHODS

1. Soak dried mushrooms in 2 cup of hot water for 10 mins.
2. Slice the mushrooms and set the mushroom water aside.
3. In a rice cooker, add in rice with concentrated chicken stock, mushroom water, $5\frac{1}{2}$ cups of water and mix well.
4. Add in frozen vegetables, sliced mushroom, dory fish & ginger.
5. Turn on the rice cooker.
6. Once the rice cooker has indicated the porridge is cooked, turn off the rice cooker or continue to cook longer for a thicker consistency porridge.
7. Mix in the chopped century egg.
8. Serve hot with sesame oil and spring onion.

OPTIONAL

Green onions, finely chopped



WHOLEGRAIN
WEDNESDAY



ONE-DISH
MEALS

Nutrition Information (per serving)

Energy 415kcal, Carbohydrate 53.2g, Protein 26.1g, Fats 9.1g, Saturated Fats 1.1g, Polyunsaturated Fats 2.3g, Monounsaturated Fats 2.1g, Cholesterol 132mg, Dietary Fibre 4.9g, Sodium 464mg, Potassium >560mg, Phosphate >370mg



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