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SERVES
4 pax

SuperRice Salad with Abalone

With the year-end holidays upon us again, this healthy and exclusive recipe using New Moon's IQF Australian Abalones and Organic SuperRice makes a great starter for your celebratory feasts!

Ingredients

- 4 New Moon IQF Australian Abalone
- 1 Rice Cup (135g) New Moon Organic SuperRice, raw
- 1 ½ Rice Cup water for cooking rice
- 200g baby spinach
- 1 pomegranate, whole
- 60g walnuts
- 30g dried cranberries
- 8 Tbsp Citrus Dressing

CITRUS DRESSING:

- ½ Tbsp Dijon mustard
- 2 Tbsp calamansi juice
- 2 Tbsp orange juice
- ½ Tbsp honey
- 3 Tbsp olive oil

Method

1. De-shell the abalone and discard the guts. Cut the abalone into thin slices and set aside.
2. Combine the 5 ingredients of Citrus dressing in a jar and shake well.
3. Dry roast the walnuts and chop.
4. In a salad bowl, add in the baby spinach, cooked SuperRice, pomegranate, walnuts, cranberries and sliced abalone.
5. Toss in the dressing and keep in the fridge for 1 hour before serving.

Tips

1. Baby spinach can be replaced by any greens of your choice.
2. Keep the left over Citrus dressing in fridge for not more than a week.
3. This recipe can serve as light meals on post-Christmas day.
4. If you are uncomfortable eating abalone sashimi style, you can stir fry (1 min) the abalone first before using it.



Nutritional Information

(per serving)

Energy (kcal)	484
Carbohydrate (g)	46
Protein (g)	14
Fat (g)	26
• Saturated Fat (g)	3
• Polyunsaturated Fat (g)	9
• Monounsaturated Fat (g)	12
Cholesterol (mg)	30
Dietary Fibre (g)	8
Sodium (mg)	212
Potassium (mg)	702
Calcium (mg)	91
Phosphate (mg)	291



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