

PUMPKIN TEMPEH RICE



2 servings



Prep: 10 min



Cook: 30 min

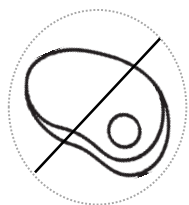


INGREDIENTS

- 6 shiitake mushrooms, dried (20g)
- 1 tbsp olive oil
- 150 g firm tofu, cubed
- 100 g tempeh, cubed
- $\frac{3}{4}$ cup long beans, chopped (65g)
- $\frac{3}{4}$ cup pumpkin, diced (85g)
- $\frac{3}{4}$ cup brown rice, uncooked, rinsed
- 1 tbsp light soya sauce, lower in sodium

METHODS

1. Soak dried shiitake mushrooms in 2 cups of hot water for 10 minutes. Slice and set aside.
2. In a pan, heat $\frac{1}{2}$ tablespoon of olive oil and fry tofu and tempeh until golden brown and set aside.
3. In the same pan, heat remaining oil and stir fry mushrooms, pumpkin, long beans and raw brown rice for 5 minutes.
4. Turn off heat and transfer into the rice cooker along with the tempeh and tofu.
5. Add $1\frac{1}{2}$ cups of water and soya sauce, give it a good stir.
6. Turn rice cooker on and cook.
7. Serve warm and enjoy.



MEATLESS
MONDAY



ONE-DISH
MEALS



WHOLEGRAIN
WEDNESDAY



< 500 KCAL
DISHES

Nutrition Information (per serving)

Energy 499kcal, Carbohydrate 53.4g, Protein 22.8g, Fats 18.2g, Saturated Fats 2.8g, Polyunsaturated Fats >5.3g, Monounsaturated Fats >8.9g, Cholesterol 2.3 mg, Dietary Fibre 9.0g, Sodium 545 mg, Potassium 768 mg, Phosphate >471mg



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