



All About ... Tomato Prawn Paste Soup

Serves: 4 pax

INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
	<ul style="list-style-type: none"> • 300g prawns • 400g Enoki mushroom • 3 tomatoes • 2 eggs white • 6 clove garlic • 1 tbsp oil • 1 tsp pepper • 1 ¼ tbsp of soy sauce, reduced sodium <p><u>Optional</u></p> <ul style="list-style-type: none"> • Coriander • Tomato Paste 	Energy (kcal)
Carbohydrate (g)		12.4
Protein (g)		21.5
Fat (g)		5.2
• Saturated Fat (g)		0.5
• Polyunsaturated Fat (g)		1.5
• Monounsaturated Fat (g)		2.8
Cholesterol (mg)		111
Dietary Fibre (g)		5.4
Sodium (mg)		532
Potassium (mg)		510
Phosphate (mg)		156

Methods

1. Mix 300g of prawns, 2 egg whites, ½ tsp of pepper & ½ tbsp of soy sauce. Marinade for 15 minutes.
2. Finely chop prawn mixture into paste. Set aside.
3. Boil tomatoes in hot water for 30 seconds and dice. Set aside.
4. Add 1 tbsp of cooking oil and fry garlic until fragrant.
5. Add in diced tomatoes and 3 cups of water.
6. Form prawn paste into balls and add into tomato soup.
7. Add Enoki mushroom and ¾ tbsp of soy sauce and cook for another 2 minutes.
8. Add in coriander & tomato paste for thicker consistency. Serve hot.

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