



Sliced Fish Bee Hoon Soup

Serves 2

Prep time: 20 mins

Cook time: 15 mins

Ingredients:

- 300g toman fish fillet or fish of your choice, sliced and blanched
- 80g dried brown rice bee hoon, soaked in water for 20 mins
- 2 tomatoes, cut into wedges
- 2 spring onions, cut into 2 inch lengths
- 10g ginger, sliced
- 2 tsp oil
- 8-10 lettuce leaves, chopped into bite sized pieces
- 1 tsp sesame oil
- ½ cup evaporated milk
- 2 cups (500ml) hot water
- 2 tsp chicken or fish stock seasoning
- Fresh chilli (optional)
- Pepper to taste

Method:

1. Heat oil in a non-stick wok, stir fry the sliced ginger for 1 minute or until fragrant.
2. Pour in the 2 cups of water and add stock seasoning. Bring to a boil.
3. Add the brown rice bee hoon, fish slices, tomato wedges, lettuce, spring onions and sesame oil. Cook for 2 minutes.
4. Add evaporated milk and chilli and pepper to taste.

Protein 

Healthier Eating Tips

Reducing the amount of salt consumed can help manage high blood pressure. Use the natural flavours of vegetables, herbs and spices to give flavour to your food e.g tomatoes, spring onions, chilli and pepper.

Select HCS or low-salt soup stocks or prepare homemade soup stocks using fresh ingredients, herbs and spices.

