



Nonya Curry-Infused Patties

Serves 4

Prep time: **15 mins**

Cook time: **20 mins**

Ingredients

- 350g lean minced meat
- 150g prawn, diced
- 80g nonya curry paste
- 1 egg
- ½ onion, diced
- 50g basil leaves, chopped
- 3 kaffir lime leaves, finely chopped
- 1 tbsp canola oil

Seasoning

- 1 tbsp water
- ½ tbsp honey
- A dash of white pepper
- 2 tbsp cornstarch

Vegetables

- 2 tsp canola oil
- 500g spinach
- 2 garlic cloves, minced or thinly sliced
- 1 tbsp soy sauce
- A dash of pepper

Method

- In a large bowl, evenly combine minced meat, prawn and nonya curry paste.
- Add egg, onion, basil leaves and kaffir lime leaves. Mix well.
- Add seasoning and mix until sticky.
- Shape mixture into 12 round patties.
- Heat oil in a non-stick pan and pan-fry over medium heat until cooked.
- Place patties on absorbent paper to remove excess oil. Keep warm and set aside.
- Heat up 2 tsp canola oil in a non-stick pan, fry garlic for 1 minute.
- Add spinach leaves and fry until just wilted. Season with light soy sauce and pepper.
- Serve with a bowl of brown rice or wholegrain noodles.

Nutrition Information

(Per serving)

Energy: **423 kcal**

Protein: **33.4g**

Total fat: **24.1g**

Carbohydrates: **19.8g**

Dietary fibre: **4g**

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Health Bites



Stick to non-stick pans

Looking for a healthier way to cook? Non-stick pots and pans are a worthy investment as they require less oil for cooking.



Choose healthier oils

Reduce the risk of heart disease by choosing your oils wisely. Unsaturated oils such as soybean, corn and peanut oils are far healthier than saturated oils such as ghee, butter and blended vegetable oil.



Get your greens right

Get more crunch and flavour from your vegetables by searing them lightly for an irresistible garden-fresh taste.

Overcooking vegetables will reduce the amount of nutrients they contain.

