



Serves: 4

# Braised Soya Bean Cake & Tofu

## Ingredients

- Tempeh, Sliced 300g
- Tau kwa, cut into quarters 200g
- Garlic 1 tsp
- Shallot 50g
- Turmeric 75g
- Coriander powder 1 tsp
- Brown sugar 1 tbsp
- Low fat evaporated milk 125ml
- Bay leaf 1
- Lemongrass, chopped 2 tsp
- Sunflower oil 1 tbsp
- Salt, to taste

### Tips:

- Use measuring spoons and cups as helpful kitchen tools that allow you to measure just the right amount of oil and seasonings used in cooking.
- Use fresh fruit, dried fruit, fruit juice or fruit sauces as healthier alternatives over sugar to sweeten your desserts.
- Fruit and vegetables are low in sodium and high in potassium. This helps to maintain a healthy blood pressure.

## Method

- Blend garlic, shallot, turmeric, brown sugar and coriander powder in a blender until it is a paste.
- Heat oil and sauté the blended ingredients.
- Add evaporated milk, bay leaf and lemongrass.
- Add tau kwa and tempeh and allow to simmer until cooked. Add salt to taste.
- Place onto plate and serve.

### Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 311kcal  
Protein 20.6g  
Total fat (g and % of total calories)  
13.2g (37.8%)  
Saturated fat 0g  
Cholesterol 0mg  
Carbohydrate 28.4g  
Dietary Fibre 0g  
Sodium 337mg