



Braised Chicken Bee Hoon



Lower in Sodium

Ingredients



Prep time
10 mins



Cook time
25 mins



Serves up to
4 pax

- 400g lean chicken
- 600ml lower-sodium chicken stock (can be substituted with 1 cube lower-sodium bouillon dissolved in 600ml water)
- 50g dried shiitake mushrooms, soaked until soft
- 3 tbsp lower-sodium oyster sauce
- 1 tbsp healthier dark soy sauce
- ½ tbsp healthier tomato ketchup
- 500g wholegrain bee hoon
- 25g cornstarch, mixed with water into a slurry
- 200g leafy green vegetables, sliced
- 1 tsp healthier oil
- A pinch of lower-sodium salt
- 4 tsp sesame oil
- 1 tsp fried shallot crisps for garnishing
- 1 tbsp chopped coriander for garnishing
- 1 red chilli padi, sliced for garnishing

Steps

- 01** Boil chicken in lower-sodium chicken stock. Cool and slice, then set aside.
- 02** Boil the mushrooms with lower-sodium oyster sauce, healthier dark soy sauce and tomato ketchup. Take out the mushrooms when plump and cut into thick slices.
- 03** Bring the remaining gravy to a boil. Add the cornstarch slurry to thicken gravy.
- 04** While the gravy is reducing, blanch the bee hoon in hot water until soft. Drain and set aside.
- 05** Blanch the vegetables in hot water with healthier oil and a pinch of lower-sodium salt. Drain and set aside.
- 06** Toss the bee hoon with sesame oil and top with gravy.
- 07** Garnish with chicken, mushrooms, vegetables, chilli, shallot crisps and coriander. Serve hot.

Make it healthier!



Cut back on your sodium intake with healthier choice lower-sodium salt, sauces and seasonings.



Use herbs and spices or umami-packed ingredients, such as mushrooms, instead of salt, for added depth of flavour.



Cook vegetables lightly to retain their crunch and flavour. Overcooking will reduce their nutritional value.



Leaner cuts of meat, such as chicken breast, lean pork and beef, are flavourful and lower in fat. Remove visible fat from meat before cooking to further reduce saturated fat content.