



Sayur Lodeh



Lower in Sodium

Ingredients

- | | | |
|--|---|--|
|  Prep time
10 mins |  Cook time
10 mins |  Serves up to
4 pax |
|--|---|--|
- ½ tsp healthier oil
 - 80g tempeh (fermented soybean cake), cut into 2cm pieces
 - 100g tau kwa (firm beancurd), cut into cubes
 - 30g lower-sodium sambal paste
 - Coconut water from 2 young coconuts
 - 1 stalk lemongrass, bruised
 - 100g cabbage, cut into squares
 - 300g assorted vegetables such as long beans, carrots, eggplant, cut into pieces
 - 500ml low-fat milk
 - A pinch of lower-sodium salt to taste
 - A pinch of pepper to taste

Steps

01 Heat healthier oil in pan. Sear the tempeh and tau kwa until lightly browned. Remove from pan.

02 Sauté the lower-sodium sambal paste till fragrant.

03 Add coconut water and lemongrass to the sambal paste to create a soupy gravy and bring to a boil.

04 Add in the seared tempeh, tau kwa and vegetables to the gravy and bring to a boil.

05 Add low-fat milk and simmer for about 5-8 mins until vegetables are cooked through.

06 Season with lower-sodium salt and pepper to taste. Serve hot.

Make it healthier!



Lower in Sodium

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 tempeh, instead of salt, for added depth of flavour.



Choose healthier choice oils as they are lower in saturated fat and can help reduce your risk of heart disease.



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