



Serves: 4

Braised Brown Rice Spaghetti With Sliced Beef

Ingredients

- Brown rice spaghetti 300g
- Beef, thinly sliced 150g
- Cabbage, shredded 100g
- Spring onions, chopped 50g
- Shallots, chopped 2 pcs
- Chinese parsley 30g
- Sunflower oil 2 tsp
- Light soy sauce 1 tbsp
- Oyster sauce 2 tbsp

Tips:

- Cook vegetables lightly or until just cooked to retain their crunch and flavour. Overcooking will reduce their nutritional value.
- Leaner cuts of meat (such as skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To enhance their healthfulness, remove the visible fat and skin before cooking.
- Plant-based foods such as whole grains (for example, brown rice, wholemeal bread and oats), vegetables, fruits and beans are rich in fibre, which promotes the feeling of fullness and also helps control your blood sugar.

Method

- Blanch spaghetti for 10 seconds, and rinse in cold water for 3 minutes.
- Heat wok and add oil. Quickly sauté shallots and beef slices.
- Add spaghetti and stir-fry.
- Quickly add cabbage, spring onions and seasoning.
- Serve on a plate and garnish with Chinese parsley.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 159kcal
Protein 6.2g
Total fat (g and % of total calories)
5.4g (30.3%)
Saturated fat 1.9g
Cholesterol 5mg
Carbohydrate 21.7g
Dietary Fibre 2.4g
Sodium 401mg.