



Mee Goreng

Serves 4

Prep time: **15 mins**

Cook time: **15 mins**

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Ingredients

- ½ tbsp canola oil
- 2 tbsp chilli paste
- 2 cloves garlic, chopped
- 3 shallots, sliced
- 30g dried shrimp, soaked, drained, then ground
- 80g minced meat
- 80g prawns, peeled
- 120g chye sim, cut into 3cm lengths, stalks separated from the leaves
- 360g wholegrain yellow noodles
- 80g cabbage, diced
- 80g bean sprouts
- 3 tbsp tomato sauce, reduced sodium variety
- 2 stalks spring onions, cut into 2cm lengths

Method

- Heat oil in a non-stick pan, and fry the shallots, garlic and chilli paste for 1 minute or until aromatic. Add ground shrimp and fry for another minute until fragrant.
- Add minced meat, followed by prawns. Stir-fry for 3 – 5 minutes. If too dry, add ½ cup water.
- Add chye sim stalks to the wok. After 1 – 2 minutes, add the noodles and cabbage, followed by the chye sim leaves. Cook until the vegetables wilt and soften.
- Add the bean sprouts, spring onions and tomato sauce. Mix well.
- Serve hot.

Nutrition Information (Per serving)

Energy: **220 kcal**

Protein: **13g**

Total fat: **7.2g**

Carbohydrates: **28g**

Dietary fibre: **4.7g**

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Health Bites



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.



A fresher spin

Reinvent your favourite dishes by adding fresh ingredients, and using herbs and spices or low-sodium seasoning instead of salt as flavour enhancers.



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.

