



Serves: 4

Braised Mee Sua With Shredded Chicken

Ingredients

- Mee Sua 200g
- Chicken, skin removed, cooked and shredded 100g
- Choy Sum, sliced 150g
- Garlic, chopped 2 cloves
- Canola olive oil spread 1 tsp*
- Sesame oil 1 tsp*
- Abalone sauce 2 tbsp*
- Water 1¼ cup

*Choose products with the Healthier Choice Symbol.

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.
- Vegetables and fruits are rich in vitamins, fibre and phytochemicals (beneficial plant substances such as carotenoids and flavonoids) that help lower the risk for some cancers.

Method

- Pour boiling water over the mee sua to soften.
- In another pot, blanch the choy sum.
- Melt the spread in a pan. Add garlic. Stir-fry till fragrant.
- Add 1¼ cup of water and bring to a boil. Add the mee sua and braise.
- Pour into a bowl and top with the chicken and choy sum.
- Add sesame oil and abalone sauce. Serve hot.

Nutrition Information (Per Serving):

Energy 244kcal
Carbohydrate 38.9g
Protein 13.0g
Total fat 4.2g
Saturated fat 0.9g
Cholesterol 22mg
Dietary Fibre 1.4g
Sodium 373mg.