

Recipe: Chow Mien

Wholegrain noodles stir-fried in a blend of soy sauce and sesame oil, served with a generous portion of chye sim.

Preparation time: 10 minutes

Cooking time: 20 minutes

Serves 10 children

Ingredients

- 250g whole wheat noodles*
- 1 tablespoon canola oil*
- 15g garlic, minced
- 60g onion, sliced
- 50g Chinese mushroom, sliced
- 100g carrot, julienned
- Seasoning, mixed together:
 - 1 tablespoon sesame oil
 - 4 tablespoons lower sodium soy sauce*
 - 1 tablespoon tomato ketchup
- 150g chye sim
- 8 eggs, beaten
- Garnishing - 20g lime



* Choose products with the Healthier Choice Symbol

Methods

1. Prepare the noodles according to package direction.
2. Heat up wok with oil and fry garlic and onion until fragrant.
3. Sauté mushrooms and carrot with seasoning for 3 minutes.
4. Add noodles and chye sim to pan and toss to coat.
5. Add eggs and cook until eggs are set.
6. Dish up and serve on a plate, garnish with wedges of cut lime

Tips:

- *Stir fry noodles on hot temperature to achieve the fragrance of the noodles.*
- *The flavors of Chinese mushroom (umami flavor) and the variety of vegetables add to the tastiness of this dish.*

Nutrition Information

(Per serving): 117.4 g

Energy 198.1 kcal

Protein 9.4 g

Total fat 8.3 g

Saturated fat 1.8 g

Carbohydrates 20.5 g

Dietary fibre 2.0 g

Sodium 365.5 mg

Cost Per Serving: \$ 0.66