



Char Kway Teow



Lower in Sodium

Ingredients



Prep time
30 mins



Cook time
30 mins



Serves
1 pax

- 3 tbsp healthier oil
- 1 tsp garlic, minced
- 3 prawns, deshelled and cleaned
- 25g lower-sodium fish cake, sliced into strips
- 1 cup cabbage, shredded
- 50g bean sprouts
- 2 eggs, beaten
- 200g wholegrain hor fun or kway teow (flat noodles)
- ½ tbsp healthier fish sauce
- 1 tbsp lower-sodium soy sauce
- 1 tbsp healthier dark soy sauce
- 1 tbsp Chinese chives, chopped

Steps

- 01** In a hot wok, heat healthier oil. Stir-fry the prawns, fish cake and garlic until cooked and fragrant. Set aside.
- 02** With the remaining oil in the wok, stir-fry the cabbage and bean sprouts quickly. Remove the cooked vegetables from the heat and set aside.
- 03** Heat the rest of the healthier oil and fry the eggs until they are scrambled. Add the noodles and toss together in the wok with the healthier fish sauce, lower-sodium soy sauce and healthier dark soy sauce.
- 04** Add Chinese chives with all the other ingredients. Stir-fry to heat through. Serve hot.

Make it healthier!



Cut back on your sodium intake with healthier choice lower-sodium salt, sauces and seasonings.



Processed food products such as fish cake can contain high levels of sodium. Choose lower-sodium options or fresh foods to lower your sodium intake.



Frozen foods, such as quick-frozen prawns, are budget-friendly and can be just as nutritious and delicious as fresh foods. Thaw before use and rinse briefly in clean water to remove any excess sodium that may have been added during processing.



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