

Mee Goreng

Serves 2



Prep time: 25 mins

Cook time: 20 mins

Ingredients:

- ½ tbsp oil
- 1 tbsp chilli paste
- 1 clove of garlic, chopped
- 2 shallots, sliced,
- 2 tsp dried shrimp, soaked, drained and ground
- 100g minced meat
- 200g prawns, peeled

- 120g chye sim, stalks and leaves separated and cut into 3cm lengths
- 300g wholegrain yellow noodles
- ¼ cabbage, diced
- 80g bean sprouts
- 2 tbsp low sodium tomato sauce
- 2 stalks spring onions, cut into 2 cm lengths

Method:

1. Heat oil in a non-stick pan. Fry the shallots, garlic, and chilli paste for 1 minute or until aromatic. Add ground shrimp and fry for another minute until fragrant.
2. Add minced meat, followed by prawns. Stir-fry for 3-5 minutes. If the mixture is too dry, add $\frac{1}{4}$ cup water.
3. 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 are tender and soft.
4. Add the bean sprouts, spring onions and tomato sauce. Mix well.
5. Serve hot.

Protein
Calcium



Healthier Eating Tips

Vegetables need not be tasteless. You can add them to your favourite dish to increase your fibre intake. Fibre can help to lower blood cholesterol levels and slow digestion to allow for a slower release of sugar into the bloodstream for better blood sugar control.

Adding minced meat and prawns to a plain noodle dish ensures that you get some good quality protein in your meal that will help build and repair your body.