



Sayur Lodeh

Serves 4

Prep time: **15 mins**
Cook time: **15 mins**

Ingredients

- ½ tbsp peanut oil
- 2 tbsp sambal goreng paste
- Coconut water from 2 coconuts (~300mL coconut water)
- 1 stalk lemongrass, bruised
- 300g cabbage, cut into medium sized cubes
- 100g long beans, cut into 3 cm lengths
- 2 carrots, sliced into rounds
- 100g frozen corn
- ½ cauliflower, cut into smaller florets
- 80g tempeh, cut into 2 cm pieces
- 100g tau kwa (firm bean curd cakes), cut into cubes
- 1 cup (250mL) low-fat milk
- ¼ tsp salt
- ¼ tsp pepper

Methods

- Heat oil in a non-stick pan, and sauté the sambal goreng paste for 1 minute or until fragrant.
- Add coconut water, and lemongrass, and bring to a boil.
- When boiling, add the vegetables, tempeh, and taukwa. Bring to a boil again, and then add low-fat milk. Season with salt and pepper.
- Simmer on low heat for 5 more minutes, or until vegetables are cooked.
- Serve hot with brown rice.

Nutrition Information (Per serving):

Energy: **220kcal**
Protein: **13g**
Total fat: **7.2g**
Carbohydrates: **28g**
Dietary fibre: **4.7g**

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