



Serves: 4

Beancurd Halia

Ingredients

- Ginger, sliced 10g
- Carrots, shredded 40g
- Cabbage, shredded 40g
- Cucumber, shredded 40g
- Oyster sauce 2 tsp
- Light soya sauce 1 tsp
- Pepper ¼ tsp
- Firm tofu 270g

Tips:

- Steaming is a healthy, low-fat way to cook that brings out the flavours of fresh ingredients.
- Use fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of your dishes.
- Beancurd, pulses, lentils, peas and beans are good sources of protein, and are low in saturated fat. They can replace meat in some dishes.

Method

- Mix the sliced ginger, carrots, cabbage and cucumber with the seasoning.
- Cut the tofu in half and remove ⅓ of the tofu with a spoon.
- Stuff the carrots, cabbage and cucumber into the tofu and place the sliced ginger-mixture on top.
- Steam for about 10 minutes.
- Serve.

Nutrition Information (Per Serving):

Energy 53kcal
Carbohydrate 4.1g
Protein 4.4g
Total fat 1.8g
Saturated fat 0.01g
Cholesterol 0mg
Dietary Fibre 0.9g
Sodium 308mg