


WHOLEGRAIN BEE HOON WITH CABBAGE ROLLS

Serving Size: 3 Preparation Time: 45 minutes






INGREDIENTS



Wholegrain Bee Hoon

- 2 tbsp HCS oil 
- 400g wholegrain bee hoon
- 1 fishcake
- 1 cup carrot, cut into thin strips
- 1 cup cabbage, cut into thin strips
- 5 cloves garlic, minced
- 3 shallots, sliced thinly
- 2 eggs
- 2 stalks coriander leaves

Broth

- 2 cups water
- 1 tbsp HCS light soy sauce 
- 1 tbsp HCS fish sauce 
- 1 tbsp HCS oyster sauce 
- ¼ tsp ground white pepper

Cabbage Rolls

- 1 large cabbage
- boiling water as required
- ½ kg minced chicken
- ¼ cup chopped onion
- ½ tsp black pepper powder
- 1 tbsp red chilli flakes
- ½ tsp garam masala
- 2 tbsp coriander leaves
- ½ tbsp HCS lower-sodium salt 
- 2 tbsp HCS oil 



WHOLEGRAIN BEE HOON WITH CABBAGE ROLLS



METHOD

Wholegrain Bee Hoon and Broth

- 1) Heat up oil in a pan, add shallots and garlic. Cook until fragrant.
- 2) Add in the broth ingredients and bring to boil for 5 minutes.
- 3) Add in wholegrain bee hoon that has been soaked and drained.
- 4) Stir gently to mix everything together. Reduce heat, add cabbage and carrots.
- 5) Mix well to ensure that the wholegrain bee hoon has absorbed all the liquid contents.
- 6) Ready to serve.

Cabbage Rolls

- 1) Add salt to boiling water in a pot and mix well.
- 2) Add individual cabbage leaves and boil for 5 minutes, then remove to set aside.
- 3) In a bowl, add minced chicken, onion, black pepper, red chilli flakes, salt, garam masala, oil and mix well.
- 4) On individual boiled cabbage leaves, place the mixture, add fresh coriander leaves, fold the sides together and roll up.
- 5) Boil water in a steamer. Place the cabbage rolls on the steam rack, grease them with oil, cover and steam for 9-10 minutes.
- 6) In a pan, add oil and pan-fry cabbage rolls on both sides until golden brown. Ready to serve.