



Serves: 4

# Crab Meat Foo Yong

## Ingredients

- Crab meat, rinsed quickly in hot water 100g
- Bean sprouts 60g
- Garlic, chopped 10g
- Ginger, shredded 10g
- Egg whites 6
- Egg yolks 3
- Crispy lettuce 8 leaves
- Canola oil 1 tbsp
- Salt & pepper, to taste

### Tips:

- Heat oil till hot before stir-frying, as this will shorten cooking time and reduce the amount of oil absorbed by the ingredients.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Substitute whole egg with egg white to reduce your cholesterol intake.

## Method

- Break eggs and put in a bowl with egg whites. Add salt and pepper to taste, then beat.
- Add oil to wok and heat up. Slowly add egg mixture and slowly stir-fry. Quickly set aside just before it is thoroughly cooked.
- Stir-fry ginger and garlic in wok until fragrant. Add bean sprouts and then add egg mixture. Finally, add crab meat and stir-fry until all ingredients are evenly mixed.
- Spoon a small amount onto a lettuce, wrap with the lettuce and serve.

### Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 127kcal  
Protein 12.3g  
Total fat (g and % of total calories)  
7.1g (51.5%)  
Saturated fat 1.2g  
Cholesterol 169mg  
Carbohydrate 2.8g  
Dietary Fibre 0.4g  
Sodium 315mg