



# Mee Goreng

Serves 2

Estimated Preparation Time: 35 minutes Estimated Cooking Time: 15 minutes

\*\*Excellent source of Protein \*Source of Vitamin C

300g brown rice round Hokkien noodles

12 large grey prawns (250g with shells on), de-shelled and de-veined but leave tails on, marinated briefly in 1 teaspoon of light soy sauce

1/2 brown onion (50g), sliced thinly

3 cloves garlic, minced

120g chye sim, or any green leafy vegetables

120g bean sprouts

1 very ripe juicy tomato (80g), cut into wedges

1 large tofu puff, sliced

2 stalks spring onions, cut into 1-inch strips

2 eggs, lightly beaten

1 tablespoon cooking oil

1 stalk coriander (leaves only), for garnishing

1. Heat oil in a large wok and fry onion slices till soft and translucent. Add garlic and fry briefly till aromatic.
2. Throw in chye sim and bean sprouts. Add 1 tablespoon water if too dry. Fry on medium heat till slightly cooked. Add prawns.
3. Throw in tomato wedges, tofu puff, spring onions and noodles.
4. Pour in seasoning and continue frying to combine. Add 2 tablespoons water if noodles are too dry.
5. Add the eggs and give a final mix.
6. Garnish and serve immediately.

## Seasoning (mixed well in a bowl)

3 tablespoons tomato ketchup  
2 tablespoons chilli sauce  
1 tablespoon kicap manis (or dark soy sauce if this is unavailable)  
1/2 tablespoon fish sauce  
3 tablespoons of water, used only if noodles are too dry

### Cooking Tips

You may omit rinsing the brown rice round noodles before cooking as they can turn too soft and soggy for frying.

Sliced squid, fish cake or lean chicken can be added instead of prawns. You can also use pan-fried tau kwa (cut into strips) instead of tofu puffs.

## Nutritional Information

1 serving = 1 1/2 serves of rice & alternatives, 1 serve meat & alternatives and 1 serve vegetables

Energy: 585kcal	**Protein: 31g	Fibre: 9g	Iron: 3.1mg
Calcium: 157mg	Folic Acid: 68mcg	*Vit C: 36mg	Vit A: 1693 IU

### Nutritional Tips

Traditionally, Mee Goreng is cooked using palm oil. However, you can use heart healthy oils like canola, sunflower, corn, soybean or rice bran oils without compromising on the flavour. Although virgin/extra virgin olive oil is a heart healthy oil, it is not suitable for stir-frying at high temperatures. You can opt for olive oil blends instead, eg, olive and canola oil, or olive and sunflower oil.