

Pumpkin Fried Bee Hoon

Cooking time: 20-30 minutes

Serving size: 4

Ingredients	Amount
Pumpkin, sliced	400g
Carrot, finely sliced	1½ medium/ 100g
Chicken breast, shredded	350g
Water	250ml
Bee hoon (Rice Vermicelli)	½ packet/ 200g
Fish cake, sliced	1 piece/ 80g
Low sodium soy sauce, HCS	2 tablespoons/ 30ml
Garlic, finely chopped	3 cloves
Canola oil	2 tablespoons/ 30g
Spring onion, sliced	1 stalk
Red chili, deseeded and sliced	1 piece

STEPS:

1. Soak bee hoon in water for 1 hour. Drain the water and set aside.
2. Heat up the oil in a wok. Saute garlic over medium heat until fragrant.
3. Add in pumpkin, carrot, chicken breast and stir fry for 2 minutes. Then, add in water and simmer until the pumpkin is soft.
4. Add in bee hoon, fish cake and soy sauce. Stir to combine well with the ingredient in the wok. Continue to stir fry until the beehoon is well cooked and soaked up the sauce.
5. Garnish with spring onion and chili. It is ready to serve.

Healthy TIPS!

- ✓ Chicken is good source of protein which helps to prevent muscle breakdown and maintain immunity.
- ✓ Pumpkin is a type of winter squash vegetable which rich in antioxidant, a natural compound that helps to fight free radicals in the body. The antioxidant has a protector effect against cancer, ageing and heart disease. Also, it is one of the great source of Vitamin A, which helps to protect eyes and strengthen immune system.
- ✓ The condiment or sauce with “Healthier Choice Symbol (HCS)-Lower in Sodium” contain at least 25% less sodium compared to similar products.

Nutrition content per serving: (Energy: 407kcal)

Carbohydrate: 55g	Protein: 25g	Total fat: 10g
Sodium: 502mg	Potassium: 504mg	Phosphate: 314mg

Recipe courtesy of Madam Lim Poh Tin.

南瓜炒米粉

烹调时间：20- 30 分钟

份量：4 人份

材料	份量
南瓜，切片	400 克
胡萝卜，切薄片	1½个（中）/100 克
鸡胸肉，切成条状	350 克
水	250 毫升
米粉	½包/ 200 克
鱼饼，切片	1 块/ 80 克
低钠酱油	2 汤匙/30 毫升
蒜头，切碎	3 瓣
食油（如：芥花籽油）	2 汤匙/ 30 克
青葱，切丝	1 株
红辣椒，去籽和切丝	1 个

烹调步骤：

1. 将米粉浸泡在水中大约 1 个小时。沥干水分，搁置备用。
2. 起锅热油，爆香蒜头。
3. 加入南瓜，胡萝卜和鸡胸肉，翻炒约 2 分钟。然后，加入水焖煮至南瓜变软。
4. 加入米粉、鱼饼和低钠酱油。继续翻炒均匀至米粉熟透及吸收酱汁。
5. 撒上青葱和红辣椒为装饰，即可享用。

健康小提示！

- ✓ 鸡肉是蛋白质的来源。摄取足够的蛋白质可帮助预防肌肉流失及维持免疫系统的健康。
- ✓ 南瓜是属于瓜类的蔬菜，它富含抗氧化物。这是一个天然物质，能帮助对抗活性氧带来的细胞病变或癌症、老化和心脏病。除此之外，南瓜还有丰富的维生素 A，这有助于维持眼睛的健康及提高身体的免疫力。
- ✓ 在调味料或酱料方面，建议选择带有“较健康标签-较低钠”的产品。因为它的钠含量较其它产品少了至少 25%。

每份的营养成分：（热量在：407大卡）

碳水化合物： 55克	蛋白质： 25克	脂肪： 10克
钠： 502毫克	钾： 504毫克	磷： 314毫克

感谢 Madam Lim Poh Tin 提供此食谱。