

## Sliced Fish Bee Hoon





## Ingredients

1 tbsp	Corn oil
10 g	Ginger, sliced
4 cups (1L)	Hot water
1 tbsp	Chicken or fish stock seasoning
250 g	Brown rice bee hoon (raw), to cook
2	Tomatoes, cut into wedges
300 g	Toman fish fillet, sliced and blanched
2	Spring onion, cut into 2-inch length
1 tsp	Sesame oil
¼ cup	Evaporated milk
To taste	Pepper

## Method

1. Heat corn oil in a non-stick wok, stir fry the sliced ginger for 1 minute or until fragrant.
2. Pour in the 4 cups of water and stock seasoning. Bring to boil.
3. Add the brown rice bee hoon, tomato wedges, fish slices, spring onions, sesame oil. Cook for 2 minutes
4. Add evaporated milk, and pepper to taste.

\*TIP: for an even healthier option, omit the milk.

Nutritional information	Energy
<b>Total servings</b> 	1500 kcal
<b>Per serving</b> 	375 kcal