



Cook time: 15 mins

Serves: 4

Prep time: 15 mins

# Mee Goreng

## Ingredients

- ½ tbsp canola oil
- 2 tbsp chilli paste
- 2 cloves garlic, chopped
- 3 shallots, sliced
- 30g dried shrimp, soaked, drained, then grounded
- 80g minced meat
- 80g prawns, peeled
- 120g chye sim, cut into 3cm lengths, stalks separated from the leaves
- 360g wholegrain yellow noodles
- 80g cabbage, diced
- 80g bean sprouts
- 3 tbsp low-sodium tomato sauce
- 2 stalks onions, cut into 2cm lengths

## Method

- Heat oil in a non-stick pan and fry the shallots, garlic and chilli paste for 1 minute or until aromatic. Add the ground shrimp and fry for another minute until fragrant.
- Add minced meat, followed by prawns. Stir-fry for 3–5 minutes. If too dry, add ½ cup water
- Add chye sim stalks to the wok.
- After 1–2 minutes, add the noodles and cabbage, followed by the chye sim leaves. Cook until the vegetables wilt and soften.
- Add the bean sprouts, spring onions and tomato sauce. Mix well.
- Serve hot.

## Nutrition Information (Per Serving):

Energy: 220kcal

Protein: 13g

Total fat: 7.2g

Carbohydrates: 28g

Dietary fibre: 4.7g