



Cook time: 15 mins

Serves: 4

Prep time: 10 mins

Sliced Fish Bee Hoon Soup

Ingredients

- 300g toman fish fillet, sliced and blanched
- 250g brown rice bee hoon
- 2 tomatoes, cut into wedges
- 2 spring onions, cut into 2 inch lengths
- 10g ginger, sliced
- 1 tbsp corn oil
- 1 tsp sesame oil
- ¼ cup evaporated milk
- 4 cups (1L) hot water
- 1 tbsp chicken or fish stock seasoning
- Pepper to taste

Method

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

Nutrition Information (Per Serving):

Energy: 385kcal
Protein: 21.1g
Total fat: 8.8g
Carbohydrates: 55.2g
Dietary fibre: 3.3g