



Cook time: 15 mins

Serves: 4

Prep time: 15 mins

# Sayur Lodeh

## Ingredients

- ½ tbsp peanut oil
- 2 tbsp sambal goreng paste
- Coconut water from 2 coconuts (~300ml coconut water)
- 1 stalk lemongrass, bruised
- 300g cabbage, cut into medium squares
- 100g long beans, cut into 3cm lengths
- 2 carrots, sliced into rounds
- 100g frozen corn
- ½ cauliflower, cut into small florets
- 80g tempeh, cut into 2cm pieces
- 100g tau kwa (firm bean curd cakes), cut into cubes
- 1 cup (250ml) low-fat milk
- ¼ tsp salt
- ¼ tsp pepper

## Method

- Heat oil in a non-stick pan, and sauté the sambal goreng paste for 1 minute or until fragrant.
- Add coconut water and lemongrass, and bring to a boil.
- When boiling, add the vegetables, tempeh, and tau kwa. Bring to a boil again, then add low-fat milk. Season with salt and pepper.
- Simmer on low heat for 5 more minutes, or until vegetables are cooked.
- Serve hot with brown rice.

### Nutrition Information (Per Serving):

Energy: 220kcal  
Protein: 13g  
Total fat: 7.2g  
Carbohydrates: 28g  
Dietary fibre: 4.7g