

Sliced Fish Bee Hoon

Energy: 375 Calories per serving

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
- 1/4 cup evaporated milk
- 4 cups (1L) hot water
- 1 tbsp chicken or fish stock seasoning
- Pepper to taste

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.