



Cook time: 10 mins

Serves: 5-6

Prep time: 45 mins

# Yu Sheng

## Ingredients

- 200g salmon sashimi

### Vegetables and fruits:

- 2 large mandarin oranges, peeled and cut into wedges
- 150g pomelo meat
- 100g butterhead lettuce
- 30g (55 pieces) wholegrain crackers<sup>^</sup>
- 10g white sesame seeds, toasted

### Sauce:

- 100ml plum sauce
- 100ml warm water
- 30ml lime juice
- 2 tsp. sugar
- 2 tsp. olive oil\*
- 2cm blue ginger
- 2 large red chilli, deseeded
- 1 tsp. white sesame seeds, toasted
- 1 tbsp. groundnuts, toasted and grinded

<sup>^</sup>Substitute 'gold nugget' crackers with children wholegrain crackers (goldfish or alphabet shapes), which are more nutritious.

\*Choose products with the Healthier Choice Symbol.

## Method

### Sauce:

- Place all the ingredients, except sesame seeds and groundnuts, in a food processor and blend until fine.
- Stir in sesame seeds and groundnuts.
- Add in 1 tbsp. of water if mixture is too thick. Chill in fridge until use.

### Assembly:

- Arrange vegetables and fruits on a plate, with salmon sashimi in the middle.
- Sprinkle toasted white sesame seeds over the ingredients.
- Sauce can be served on the side or drizzled over the platter.

### Tips:

- The sauce can be prepared a week in advance and kept in the chiller before use.
- This is a Teochew-style Yu Sheng recipe. Traditionally, the practice is to serve the sauce in individual bowls (per person) as a dip on the side.

### Nutrition information (Per serving):

Energy: 193.6kcal  
Protein: 7.7g  
Total fat: 9.5g  
Saturated fat: 1.9g  
Carbohydrates: 19.9g  
Total sugar: 15.8g  
Dietary fibre: 1.3g  
Sodium: 313.6mg