

Recipe: Ah Teck's Char Kway Teow

Main dish

Enjoy this local's favourite with a wholemeal twist.

Preparation time: 10 minutes

Cooking time: 20 minutes

Serves 10 children

Ingredients

- 2 tablespoons canola oil*
- 200g Tau Kwa*, cut into strips (1 cm x 1 cm x 4 cm)
- 12g garlic, chopped
- 8 eggs, beaten
- 1 kg fresh brown rice kway teow*
- 180 ml water
- 4 tablespoons lower sodium soy sauce*
- 500g bean sprouts, wash and drain
- 2 tablespoons dark soy sauce*



* Choose products with the Healthier Choice Symbol

Methods

1. Heat up wok with oil and stir fry tau kwa until golden brown. Remove and set aside.
2. In the same heated oil, add garlic and fry till fragrant.
3. Add egg and fry until semi cooked.
4. Add kway teow and stir fry over medium to high heat.
5. Add in seasoning (water and soy sauce).
6. Stir-fry for 3 minutes over high heat, then add bean sprouts and tau kwa.
7. Add dark soy sauce and toss for another 1 minute.
5. Dish up and serve the delicious kway teow on plate.

Tips:

- To achieve 'wok hei', stir fry the kway teow with the seasoning over high heat for 3 minutes till you can smell the kway teow fragrance before adding in the dark sauce. The final 1 minute over high heat gives your dish the hot 'wok hei' flavor.
- To taste crunchiness of the bean sprouts, add them in just before the final toss with the black soy sauce.



**Nutrition Information
(Per serving): 220gram**

Energy [277.9] kcal
 Protein [11.3] g
 Total fat [11.4] g
 Saturated fat [2.5] g
 Carbohydrates [32.3]g
 Dietary fibre [2.2] g
 Sodium [390]mg

Cost Per Serving: \$ 0.58