

Recipe: Asian Wonton Mee

Main dish

Tangy wholegrain noodles seasoned with dark soya sauce, served with homemade wonton and leafy green.

Preparation time: 20 minutes

Cooking time: 10 minutes

Serves 10 children

Ingredients (Wonton, 40 pieces):

- **Filling:**
 - 500g minced chicken, lean
 - 50g carrot, grated
 - 50g spring onion, chopped
 - 30g black mushroom, chopped
 - 15ml of reduced sodium soy sauce*
 - 15ml of sesame oil*
 - 1 teaspoon white pepper
 - 1 tablespoon corn starch
- 40 sheets of wonton pastry (skin wrap)

Serve 4 small wonton per kid

Ingredients (Noodles):

- 500g dried wholegrain noodles*
- 300g of chye sim
- 300g of tomatoes, diced
- 25ml of canola oil*
- 15ml of sesame oil*
- 20ml of dark soya sauce*
- 20ml of reduced sodium soy sauce*



* Choose products with the Healthier Choice Symbol

Methods (Wonton, 40 pieces):

1. Mix stuffing ingredients well in a large bowl.
2. Put 1 teaspoon of meat mixture on a wonton pastry and wrap around it.
3. Repeat for the remaining wonton pastry.
4. Cook wonton in a boiling water for 5 minutes and set aside.

Methods (Noodle):

1. Cook the noodles according to package instruction.
2. Drain and toss the noodles with dark soy sauce, soy sauce, canola oil.
3. Serve 140g of cooked noodle with 2 pc wonton, 30g chye sim and 20g diced tomato.

Tips:

- *This dish can also be prepared using wholegrain yellow noodles.*
- *For a more Singaporean-hawker style of wonton noodle, replace the dark soya sauce with tomato ketchup**



Nutrition Information

(Per serving): 200g

Energy 327.6kcal

Protein 16.9 g

Total fat 7.6 g

Saturated fat 1.3 g

Carbohydrates 46.3 g

Dietary fibre 3.2 g

Sodium 315.4 mg

Cost Per Serving: \$ 1.10