Recipe: Asian Wanton Mee

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 soy sauce*
• 20ml of reduced sodium soy sauce*

* Choose products with the Healthier Choice Symbol

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

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*