

Recipe: Liza's Mee Soto

Main dish

Savour in this tasty bowl of Mee Soto with a wholegrain twist.

Preparation time: 15 minutes

Cooking time: 45 minutes

Serves 15 children

Ingredients

- 800 g whole wheat yellow noodles*

- **Ingredients A:**
 - 10 g white peppercorn
 - 40 g coriander seeds, pan toasted
 - 15 g garlic
 - 10 g candlenuts
 - 30 g galangal, peel and chopped
 - 40 g ginger, peeled and chopped
 - 60 g red onion, peeled and chopped

- **Ingredients B:**
 - 10 g cloves
 - 10 g cinnamon stick
 - 10 g star anise
 - 10 g cardamon pods
 - 30 ml canola oil*

- 2 L water
- 500 g chicken breast
- 15 g lemongrass, bruised
- 1 teaspoon salt
- 3 g pepper
- 255g bean sprouts, blanched
- 200g xiao bai cai, blanched
- 15 hard-boiled eggs
- 50 g coriander leaves, finely chopped



Nutrition Information

(Per serving): 285 g

Energy 244 kcal

Protein 15.3 g

Total fat 9.5 g

Saturated fat 2.1 g

Carbohydrates 25.4 g

Dietary fibre 3.3 g

Sodium 394 mg

Cost Per Serving: \$ 1.20



* Choose products with the Healthier Choice Symbol

Methods

1. Blanch whole wheat yellow noodle with boiling water until soft and put aside.
2. Blend ingredients A with 2 tablespoons water into a fine paste.
3. Heat up sauce pot with oil and fry ingredients B for 2 minutes until fragrant.
4. Add the paste and fry until dry and fragrant (stir continuously to ensure the paste does not burn).
5. Add water, chicken breast, lemongrass and season it with salt and pepper.

6. Cover the lid and bring it to a boil, then lower the flame and simmer for 45 minutes.
7. Remove the chicken, then shred and set aside.
8. Place some noodles in a bowl and serve with shredded chicken, bean sprouts (blanched), xiao bai cai (blanched), egg, soto soup and garnish with coriander.

Tips:

- *This recipe uses many natural herbs and spices to achieve the flavoring without using fermented bean paste (tau-cheo), thus cutting down on the sodium content.*
- *Blanch the bean sprouts very quickly to retain its crunchiness.*