

Silverfish with Peanut Brown Rice Porridge

Serves 4

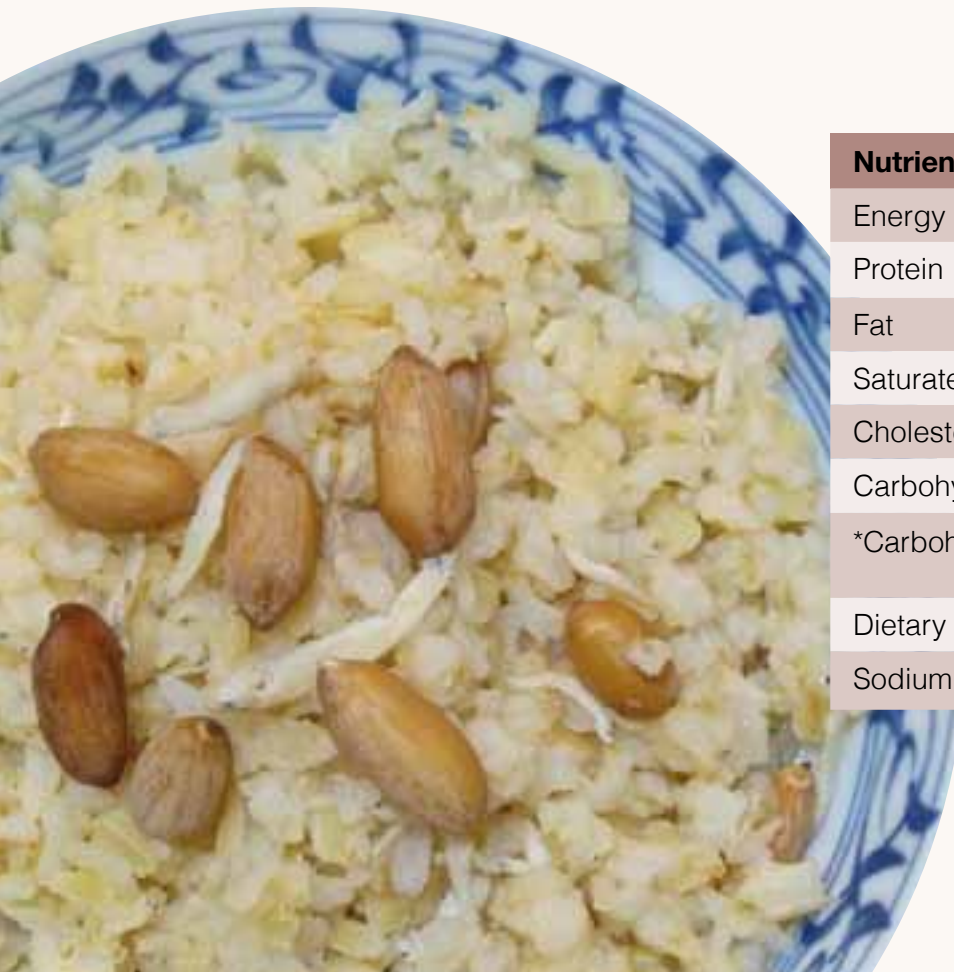
by Janie Chua, dietitian, National Healthcare Group Polyclinics

Ingredients

1 cup brown rice, rinsed
2 litres water
100g silverfish, rinsed
250g skinless chicken breast, sliced
100g raw peanut, soaked in hot water,
drained
8 red dates, rinsed
1 tbsp wolfberry, rinsed
1 tsp salt

Method

1. Put brown rice, peanut, chicken meat, silverfish, red dates, wolfberry into a pot with water and bring to boil.
2. Once boiled, simmer and set at low heat for 2 to 3 hours.
3. Once cooked, season with salt.
4. Serve hot.



Nutrient Analysis (Per Serving)

Energy	410 Kcal
Protein	28 g
Fat	16 g
Saturated Fat	3.0 g
Cholesterol	122 mg
Carbohydrate	38 g
*Carbohydrate exchanges	~ 2.5 exchange
Dietary Fibre	3.7g
Sodium	530 mg