

Spinach & Tofu Soup

Serves 4

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Ingredients

- 2 bunches of spinach, chopped
- ½ tsp salt
- ¼ tsp ground pepper
- 1 block soft tofu, drained, cubed
- 3 cups chicken stock
- 1 tsp light soy sauce
- 1 tsp sesame oil
- 12 prawns, shelled, deveined and diced
- ½ carrot, sliced thinly
- 1 tbsp cornstarch, dissolved in 2 tbsp water

Method

1. Combine stock, soy sauce and sesame oil in a pot. Bring to boil over high heat.
2. Add carrots and cook for 1 to 2 minutes.
3. Add prawns, spinach and tofu, mix well for another 1 to 2 minutes until all ingredients are cooked.
4. Add cornstarch solution and stir until slightly thickened.
5. Serve hot.

Nutrition Information

Energy	134 Kcal
Carbohydrate	8 g
*Carbohydrate Exchanges =	~ 0.5
Protein	13 g
Fat	6 g
Saturated Fat	0.7 g
Cholesterol	29 mg
Dietary Fibre	1.2 g
Sodium	613 mg