



# Silky and Spicy Tanghoon Delight

serves 4

by Chef Yen Koh

## NUTRITION INFORMATION per serving:

Energy	377kcal
Protein	18.4g
Total fat (g and % of total calories)	8.9g (21.2 %)
Saturated fat	1.5g
Cholesterol	29.4mg
Carbohydrate	55.5g
Dietary Fibre	1.2g
Sodium	307mg

## INGREDIENTS

Tanghoon, unsoaked	250g
Fresh Pork	240g
French Beans, sliced into strips	120g
Onions, sliced	80 nos
Carrots, sliced into strips	60 nos
Garlic, minced	10g
Taukwa, cut into strips	120 pcs
Water	1 cup
Sesame Oil	2 teaspoons
Special Dark Soya Sauce	1 teaspoon
Black Pepper Sauce	3 tablespoons
Soya bean Oil	1 tablespoon
Premium Oyster Sauce	1 tablespoon

## METHOD OF PREPARATION

1. Add oil to pre-heated pan. Stir-fry the garlic and onions until fragrant.
2. Add the vegetables and cook for 1 minute, then add pork and *tau kwa* and cook for 2 minutes.
3. Season with black pepper sauce and other sauces. Add the water to form a flavoured sauce.
4. Add *tanghoon* and allow sauce to be absorbed for 2 minutes.
5. Give a final stir and add sesame oil.

## HOT TIPS

- Heat oil until hot before stir-frying, as this will shorten cooking time and reduce the amount of oil absorbed by the ingredients.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g., ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Cooking carrots and tomatoes helps to release their phytochemicals, thus making it easier for the body to absorb the nutrients.

Stir-frying is a healthier cooking method as it requires a short cooking time, thus reducing the amount of oil being absorbed by the ingredient.

This dish uses soya bean oil, which is a healthier choice as it contains unsaturated fat.

Recipe and photo courtesy of Health Promotion Board