

# Nian Nian You Yusheng

serves 10

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## INGREDIENTS

100g raw salmon, thinly sliced  
1 white radish, thinly shredded  
2 carrots, thinly sliced  
2 cucumber, thinly shredded  
½ purple cabbage, thinly shredded  
3 red capsicum, thinly sliced  
45g wholewheat cereal  
¼ cup chopped peanuts, roasted and unsalted  
1 tablespoon toasted sesame seeds  
2 pieces lime, cut into half  
1 teaspoon five spice powder  
1 teaspoon white pepper ground

### *Dressing*

½ cup plum sauce  
½ cup water  
2 tablespoons lemon juice  
4 teaspoons sesame oil

## METHOD OF PREPARATION

1. To make dressing, combine all ingredients in a bowl and set aside.
2. Arrange raw salmon in the centre of a large platter.
3. Place each type of vegetable in sections around the platter.
4. Place peanut, sesame seeds and wholewheat cereal over the vegetables.
5. Sprinkle five spice powder and pepper on top of the yusheng.
6. Just before serving, pour the dressing over.
7. Toss and serve immediately.

## NUTRITION INFORMATION per serving

Energy	149 kcal
Protein	5.9g
*Carbohydrate	21g
Total Fat	4.7g
Saturated Fat	0.7g
Dietary Fibre	3.1g
Cholesterol	5mg
Sodium	144mg

\*Carbohydrate exchange: ~1.5 exchange