

Lean & Green

We make healthy eating second nature

BAK KUT TEH



No. of servings: 4

Per serving: 1 lean | 3 green | 3 condiments

Total Time: 60 minutes

(+4 hours soaking time)

Cuisine: Chinese, Singaporean

Contains: Pork, Soy, Meat

INGREDIENTS

20g dried shiitake mushrooms, re-hydrated (see step 1)

1.5L water

200g Oriental radish, peeled and sliced, and thinly sliced

340g lean pork meat loin, cut into preferred size

1 sachet Bak Kut Teh spice mix, such as Tai Hua Bak Kut Teh Spicy mix

100g fresh bean curd sheet

200g firm tofu, drained and cut into 1.5x1.5cm blocks

4 cloves (12g) garlic, mashed

1 tsp white ground pepper

1/2 cup (8g) fresh coriander leaves

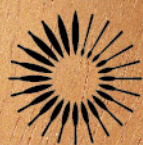
1 small head (265g) cauliflower, trimmed, "riced" (should yield about 3 cups), and steamed*

DIRECTIONS

1. To re-hydrate the mushrooms, cover with 500mL water and soak for 4 hours; save the leftover water for cooking. When mushrooms are re-hydrated, remove stems and dice.
2. In a large pot, bring water (including the water used for soaking the mushrooms) to boil.
3. Add mushrooms, radish, pork and Bak Kut Teh spice mix sachet into the boiling water. Cook on low heat for 30 minutes.
4. Add bean curd sheets, firm tofu, garlic and pepper. Simmer for another 10 minutes.
5. Remove spice mix sachet, garnish with coriander, and serve hot with cauliflower "rice".

***Note:** To make cauliflower "rice", trim and chop a head of cauliflower into rice-like pieces using a knife. Alternatively, you may grate the cauliflower with a box grater or cut cauliflower into florets and lightly pulse in a food processor. Cook cauliflower "rice" in microwave on high for about 3 to 4 minutes until tender or steam on stovetop until tender. Keep warm, and set aside.

Per serving: 300 calories, 30g protein, 18g carbohydrate, 13g fat



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