

# A Snack FROM THE Straits

PREPARE THIS LOCAL DELIGHT, A FAVOURITE AMONG MANY SINGAPOREANS, WITH YOUR LITTLE ONES!

KUEH PIE TEE

MAKES 30 PIECES

## WHAT YOU'LL NEED

- ▶ 30 ready-made *kueh pie tee* shells
- ▶ 3 tbsp cooking oil with the Healthier Choice Symbol
- ▶ 4 garlic cloves, peeled and minced
- ▶ 450 g turnip, peeled, finely shredded and squeezed dry of excess water
- ▶ 240 g prawns, peeled and diced
- ▶ 1 tsp salt
- ▶ ¼ tsp ground white pepper
- ▶ ¼ tsp five-spice powder
- ▶ 90 g crabmeat
- ▶ 1 bunch Chinese lettuce
- ▶ crisp-fried shallot slices
- ▶ coriander leaves (or cilantro)

## FOLLOW THESE STEPS

**1** Heat oil in a wok. Lightly brown garlic. Add turnip and stir-fry.

**3** Simmer until quite dry. Dish out. Leave filling to cool.

**2** Add prawns and seasoning (salt, pepper and five-spice powder). Stir in crabmeat.

**4** Line *pie tee* shell\* with small pieces of lettuce. Put in 2 tsp filling.

**5** Garnish with shallot slices and coriander leaves.

\*Use wonton skin for a healthier choice. Bake the skins in muffin trays to form crispy 'cups' to replace deep-fried *kueh pie tee* shells.

## TURN TO TURNIP

Turnip is a root vegetable that is low in calories and packed with vitamins, minerals and dietary fibre. A turnip contains about 92 per cent water, adding 'bulk' to a meal, to keep you full for a longer time.

This recipe is adapted from, and first appeared in, *The Best of Betty Saw*, published by Marshall Cavendish Cuisine.

