



NATIONAL  
KIDNEY  
FOUNDATION  
MALAYSIA



# Popiah

1 serving



## INGREDIENTS

- 3 popiah skin
- 1/4 cup Chinese cabbage, shredded, boiled and drained
- 1/4 cup Mung beansprout, boiled and drained
- 30 g carrot, julienned, boiled and drained
- 2 tbsp palm sugar
- 1/2 piece taukua, sliced
- 3 tsp sesame oil
- 1/8 tsp salt
- White pepper to taste



## METHODS

- Heat up the oil. Add in taukua and stir-fry until melts. Add in all the vegetables and stir-fry gently. Add in seasoning.
- Place 1 heaped tbsp of the filling on popiah skin and wrap it up.
- On a baking tray, place a piece of aluminum foil. Bake the popiah in the oven for 8 minutes at 150 C. Serve hot.



## NUTRITION FACT

Energy (kcal)	115
Protein (g)	4.3
Carbohydrate (g)	25.3
Fat (g)	0
Saturated Fat (g)	0
Fibre (g)	0.7
Sodium (mg)	2
Potassium (mg)	17



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