

Anchovies (Ikan Bilis) Fried Mee Hoon

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-fried-mee-recipe>

Ingredients:

- 7 ounces mee hoon -blanched to soften
- 2 7/8 cups chinese cabbage /1/2, sliced into medium size pieces
- 2 tablespoons anchovies /ikan bilis - soaked in water and rinsed
- 2 red chillies sliced thinly, omit for a non-spicy version or remove the seeds
- 6 garlic pips, chopped
- 2 eggs
- 2 stalks spring onion sliced thinly
- 3 tablespoons oil
- salt for taste

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 105 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 260 milligrams
9. Sugar: 1 grams

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