



Braised Xiao Bai Cai with Beancurd & Prawns



When planting xiao bai cai, make sure they get plenty of sunlight. It's also best to grow them in fresh soil that has never been used for other plants. Xiao bai cai plants usually start growing in 3 days, and can be harvested within one month.



Braised Xiao Bai Cai with Beancurd & Prawns

By KTPH Rooftop Garden Volunteer
Mdm Wong Yoke Chan



Ingredients

Oil.....	1 tbsp
Beancurd, cut into squares	200 g
Ginger, sliced	10 g
Xiao bai cai, blanched	225 g
Prawns, shelled and blanched.....	8 pcs
Oyster sauce	1½ tbsp
Water.....	½ cup
Corn flour, dilute with small amount of water.....	½ tbsp

Nutritional Information

(Per serving)

Energy	165 kcal
Carbohydrate	3 g
Protein	16 g
Fat	9 g
Saturated Fat	1 g
Cholesterol	57 mg
Dietary Fibre	6 g
Sodium	447 mg

Methods

1. Heat oil in a pan and fry the beancurd till golden brown on both sides. Set aside.
2. Add in ginger, xiao bai cai, prawns, oyster sauce and ½ cup of water. Stir and cook all the ingredients together for 10-15 minutes.
3. Thicken up the sauce with corn flour mixture.
4. Serve immediately.



Fried Noodles with Xiao Bai Cai



Cool and store leftover noodles in a sealed container and put it in the fridge. It makes an easy and tasty lunch for work the next day - just remember to reheat until piping hot before serving!



By Chef Samuel

Fried Noodles with Xiao Bai Cai

SERVES
4

Ingredients

Prawns, shelled	12 pcs
Crabsticks, cut into half	100 g
Yellow noodles	800 g
Oil	1 tsp
Eggs	2 pcs
Xiao bai cai, coarsely chopped	130 g
Reduced salt tomato sauce	2 tbsp
Instant sambal chili paste	1 tbsp

Nutritional Information

(Per serving)

Energy	255 kcal
Carbohydrate	28 g
Protein	24 g
Fat	5 g
Saturated Fat	1 g
Cholesterol	164 mg
Dietary Fibre	3 g
Sodium	660 mg

Methods

1. Blanch the prawns, crabsticks and yellow noodle separately. Set aside.
2. Heat wok with oil; fry eggs till fragrant. Add in noodles and xiao bai cai. Fry for 5 minutes.
3. Add in prawns, crabsticks, tomato sauce and sambal chilli paste.
4. Fry till all ingredients are mixed well. Serve hot.



Homemade Squid Ball with Xiao Bai Cai Soup



This soup is perfect on cold rainy days, when you feel like something warm and comforting. The squid balls are a great way to hide and serve vegetables if people in your home don't like to eat their greens!



By Chef Song

Homemade Squid Ball with Xiao Bai Cai Soup



Ingredients

Dried shrimp.....	2 tsp
Chinese coriander stem, finely chopped...	1½ tsp
spring onion, finely chopped	1½ tsp
A handful of fatt choy, soaked with hot water and drained	
Sugar.....	½ tsp
Ready to use squid paste	250 g
Reduced salt vegetable stock or any homemade stock	700 ml
Stalks of xiao bai cai.....	8-10 stalks

Nutritional Information

(Per serving)

Energy	90 kcal
Carbohydrate	4 g
Protein	14 g
Fat	2 g
Saturated Fat	0 g
Cholesterol	162 mg
Dietary Fibre	1 g
Sodium	768 mg

Methods

1. Soak dried shrimp in water for 15 minutes, squeeze out excess water and chop finely.
2. Mix chopped coriander stem, spring onion, fatt choy and sugar with the squid paste. To improve the texture of the paste, stir the paste in a mixing bowl until bouncy texture.
3. Scoop 1 tbsp of paste and shape into a ball. Repeat for the rest of the paste. Cook them in boiled stock.
4. When the squid balls start to float to the top on the soup, add in the xiao bai cai, then continue boiling till all ingredients are cooked. Serve hot.



Xiao Bai Cai Chicken Fried Rice



To keep the colour of xiao bai cai green and bright, stir-fry the vegetable instead of braising it. The leaves of xiao bai cai are mostly water so it's best to cook the stalks first and add the leaves last as they require less time.



By Chef Simon

Xiao Bai Cai Chicken Fried Rice

SERVES
4

Ingredients

Chicken, skinless, boneless, cubed.....	150 g
Carrot, finely chopped.....	50 g
Oil.....	1½ tbsp
Eggs.....	3 pcs
Cooked rice.....	600 g
Xiao bai cai, chopped.....	150 g
Chicken powder.....	1½ tsp
Instant chestnuts, roughly chopped.....	100 g

Nutritional Information

(Per serving)

Energy	374 kcal
Carbohydrate	49 g
Protein	18 g
Fat	11 g
Saturated Fat	2 g
Cholesterol	135 mg
Dietary Fibre	4 g
Sodium	373 mg

Methods

1. Blanch chicken cubes and carrot till cooked. Set aside.
2. Heat wok with oil and fry eggs till fragrant. Add in rice, xiao bai cai and continue frying for 5 minutes.
3. Season with chicken powder and add in chestnuts.
4. Continue to fry till all ingredients are well mixed and cooked. Serve hot.



Xiao Bai Cai & Cuttlefish Pancake



Xiao Bai Cai is rich in vitamins A, B, C and K as well as minerals and health-benefiting anti-oxidants. This super veg is also rich in folic acid, making it an excellent choice for pregnant women.



Xiao Bai Cai & Cuttlefish Pancake



By Chef Terry



Ingredients

Cuttlefish paste.....	250 g
Xiao bai cai, finely chopped	50 g
Carrots, finely chopped.....	50 g
Ginger juice	1 tsp
Sesame oil.....	1 tsp
Beancurd skin (15cm x 10cm).....	2 pcs
Tempura mix - (dilute in 3 tbsp water).....	2 tbsp
Oil	1 tbsp
Thai Chili Sauce or any kind of sauce (optional)	

Nutritional Information

(Per serving)

Energy	97 kcal
Carbohydrate	7 g
Protein	12 g
Fat	7 g
Saturated Fat	1 g
Cholesterol	69 mg
Dietary Fibre	1 g
Sodium	108 mg

Methods

1. In a large bowl, add in cuttlefish paste with xiao bai cai, carrots, ginger juice, sesame oil and mix well.
2. Spread the paste mixture evenly on one layer of beancurd skin, then cover with another piece of beancurd skin to make into a pancake.
3. Apply tempura mix on both sides of the beancurd skin pancake.
4. Heat up the pan with oil, and pan-fry pancake till both sides turn golden brown. Set aside.
5. Cut into shapes and serve with sauce.



Xiao Bai Cai Kimchi Salad



Turn this dish into real kimchi - just put the salad in a sealed container and put it in a cool dry place for about 4 days to ferment. Once ready it can be kept in the fridge for up to 1 month. It's a great way to give your gut a boost of probiotics.



By Dietitian Pei Ling

Xiao Bai Cai Kimchi Salad

SERVES
4

Ingredients

Xiao bai cai 300 g
Salt 1 tsp
Red onion, thinly sliced ½

Seasonings

Korean red chili pepper flakes 1½ tbsp
Fish sauce 1 tsp
Sugar 1½ tsp
Garlic, minced 1½ tsp
Sesame oil 1 tsp
Sesame seeds (optional) ½ tsp

Nutritional Information

(Per serving)

Energy	55 kcal
Carbohydrate	5 g
Protein	4 g
Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Dietary Fibre	4 g
Sodium	647 mg

Methods

1. Cut xiao bai cai into roughly 3-5cm lengths. Rinse and drain.
2. Place xiao bai cai in a large bowl. Sprinkle with salt and massage the salt into xiao bai cai leaves. Leave it for 30 to 40 minutes.
3. Combine all seasoning ingredients in a small bowl. Add water if the mixture is too dry.
4. In a big bowl, combine onion slices with xiao bai cai and add seasoning mix.
5. Toss everything well until the xiao bai cai leaves are well coated with seasoning.
6. Serve fresh.



Xiao Bai Cai & Minced Chicken Wanton



Leftover xiao bai xai is perfect for a lighter, fresher and healthier addition to your wonton fillings. You can make them well before hand, pop them into the freezer and you have perfect wontons at your fingertips.



Xiao Bai Cai & Minced Chicken Wanton



By Chef Sandy



Ingredients

Chicken, minced	200 g
Ginger, minced	1 tsp
Sesame oil	2 tsp
Salt & pepper to taste	—
Oyster sauce	1 tsp
Xiao bai cai, finely chopped	100 g
Carrot, finely chopped	50 g
Wonton skin	20 pcs

Nutritional Information

(Per serving)

Energy	128 kcal
Carbohydrate	5 g
Protein	11 g
Fat	7 g
Saturated Fat	2 g
Cholesterol	45 mg
Dietary Fibre	2 g
Sodium	349 mg

Methods

1. In a large bowl, add minced chicken with ginger, sesame oil, salt & pepper, oyster sauce and mix well.
2. Add in xiao bai cai & carrot.
3. Stir well to mix all the ingredients.
4. Scoop 1 tablespoon of mixture and wrap into a piece of wonton skin. Repeat for the rest of the mixture.
5. Cook the wantons in boiling water for 5-10 minutes until they float on the surface.
6. Drain and take the wantons out from the water, serve hot.



Xiao Bai Cai Raw Salad



To select fresh xiao bai cai, look for heads with bright green leaves and crisp white stalks without holes or discolouration. For optimal freshness, don't wash it until you are ready to use it. Unwashed and unused parts can stay fresh in the refrigerator for up to 6 days!



Xiao Bai Cai Raw Salad



Ingredients

Xiao bai cai	300 g
Red wine vinegar or balsamic vinegar.....	4 tbsp
Olive oil.....	4 tbsp
Sunflower seeds/pumpkin seeds.....	2 tbsp
Mixed nuts, chopped	2 tbsp
Dried mix fruit	2 tbsp

Methods

1. Wash the xiao bai cai well. Run under warm water and soak for 5 minutes.
2. Drain and pat dry with a clean tissue.
3. Cut the xiao bai cai into shredded pieces, and place in a large mixing bowl. Add red wine vinegar/ balsamic vinegar and olive oil.
4. Mix and toss the salad well.
5. Sprinkle the seeds, chopped nuts and dried fruit over the top.
6. Place in the fridge for 30 minutes. Serve cold.



By Blk 115 Wellness Kampung Volunteers

Nutritional Information

(Per serving)

Energy	250 kcal
Carbohydrate	6 g
Protein	5 g
Fat	23 g
Saturated Fat	3 g
Cholesterol	0 mg
Dietary Fibre	4 g
Sodium	69 mg