

## Minced Meat Steamed Rice with Yam Recipe

**Ingredients:** Serves 2

1 cup high fiber rice  
20g dried squid  
60g yam  
60g pork belly  
1 teaspoon dried shrimps  
2 teaspoons shallot flakes

**Seasoning:**

1 teaspoon salt  
1 teaspoon pepper

**Method:**

Soak dried squid until soften; juliennes meat; chop dried shrimps, skinned yam and dice, then deep fry with medium heat until crispy. Use remaining oil in wok sauté meat until fragrant, then add in dried squid, shrimps, shallot flakes and seasoning, stir-fry until fragrant, toss in fried yam. Wash rice, drain and shift to clay pot, then add in 1 cup water and meat, steam in wok until cooked. To prevent high fiber rice become too stiff or under cooked, you may pre-soak it for 6 hours and above. Let high fiber rice absorb enough of water, so that the texture of rice will be soften and thus reduce cooking time.

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