INDONESIAN · SIDE

Urap Sayur (Javanese Vegetables with Spiced Toasted Coconut)

Urap sayur

30 min · Serves 4 · 209 kcal a serve · Video 5:29 in Indonesian · Dapur Diza

Pescatarian · Gluten-free ingredients · Dairy-free · Nut-free

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Blanched water spinach, long beans and sprouts tossed in spiced toasted coconut: 6 g fibre and 11 g net carbs a serve, with about 4 g added sugar.

Ingredients 13 · SERVES 4

- [ ] ½ **coconut**, grated (about 180 g)
- [ ] 1 bunch **kangkung** (water spinach), cut in lengths
- [ ] 100 g (1 ons) **bean sprouts**
- [ ] 7 **long beans**, cut in short lengths
- [ ] 4 **garlic** cloves
- [ ] 3 **red chillies**
- [ ] a little **galangal**
- [ ] a little **kencur** (aromatic ginger)
- [ ] a little **terasi** (shrimp paste), toasted
- [ ] 3 **kaffir lime leaves**
- [ ] 1 tbsp **gula merah** (palm sugar)
- [ ] 1 tsp **salt**
- [ ] 1 tsp **sugar**

Contains: Crustacea. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Grate the coconut, and cut and wash the kangkung and long beans. 0:20
2. Bring a pot of water to the boil and blanch the bean sprouts for about 2 minutes, then lift out and drain. 0:55
3. Blanch the long beans for 2 minutes, so they are tender but still crisp, and drain. 1:21
4. Blanch the kangkung for just 1 minute and drain very well; dry vegetables keep the urap from spoiling quickly. 1:41
5. Chop the garlic and chillies, then grind them with the galangal, kencur, terasi, lime leaves, palm sugar, salt and sugar to a paste. 2:14
6. Mix the paste evenly into the grated coconut, using a spoon or gloves rather than bare hands. 3:11
7. Dry-toast the coconut mixture in a pan over medium-low heat, stirring constantly, for about 4 minutes until it turns light and bright yellow but is not dry. 4:01
8. Toss the toasted coconut with the vegetables and serve. 4:35

> **Tip** Serves 4 as a side (our estimate). Any blanched greens work: spinach, cabbage, carrot. Eat it on its own or with warm rice, tempeh or grilled fish; it keeps longer if the vegetables are well drained.

The method is a summary in our words, in English — the video (in Indonesian) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
209 kcal	4.5 g	18 g	6.4 g	15 g	720 mg
880 kJ	9% of a day	11 g net · 9.2 g sugars	23% of a day	13 g saturated	31% of a day
		6% of a day		20% of a day	

Energy from net carbs 22% · protein 9% · fat 69% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 50%

Source of (10–19%) Vitamin A 19% · Vitamin K 16% · Folate 16% · Magnesium 15% · Iron 14% · Vitamin B6 12% · Selenium 11%

Recipe and video: Dapur Diza (@DapurDiza) on YouTube — youtube.com/watch?v=hM6yzDgmCvU, published 28 August 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/urap-sayur