

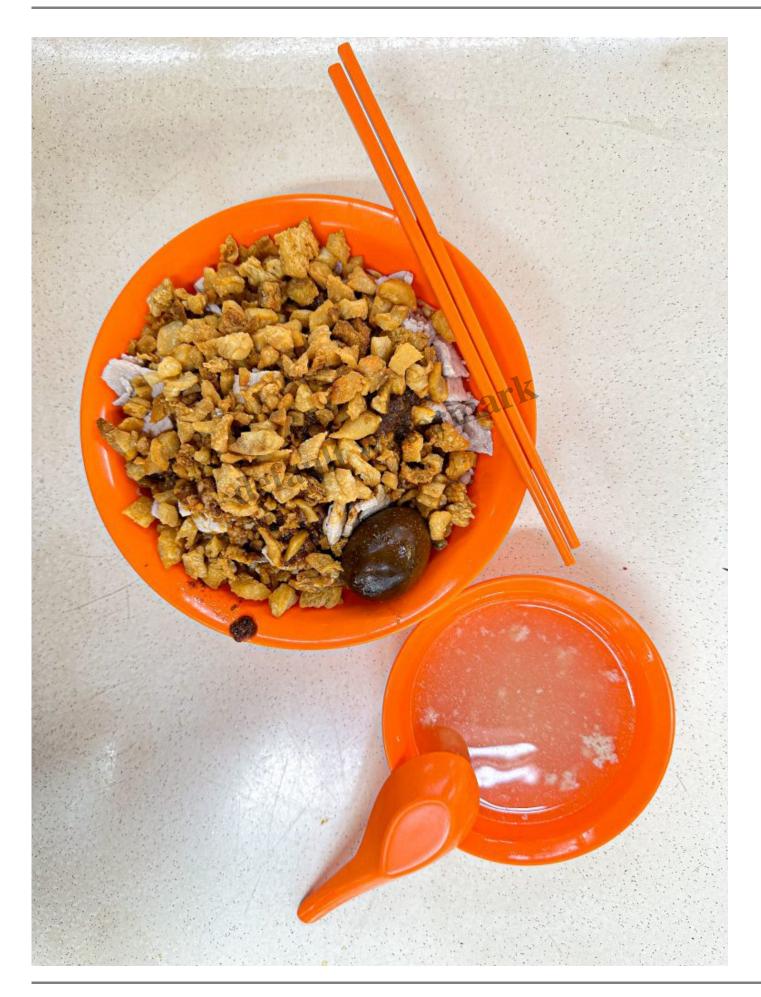
Keto Bak Chor Mee (Minced Meat Noodles) - Toa Payoh North

Description

Let's start with some definition:

Keto foods are those that are compatible with a ketogenic diet, which is characterized by low carbohydrate, high fat, and moderate protein intake.

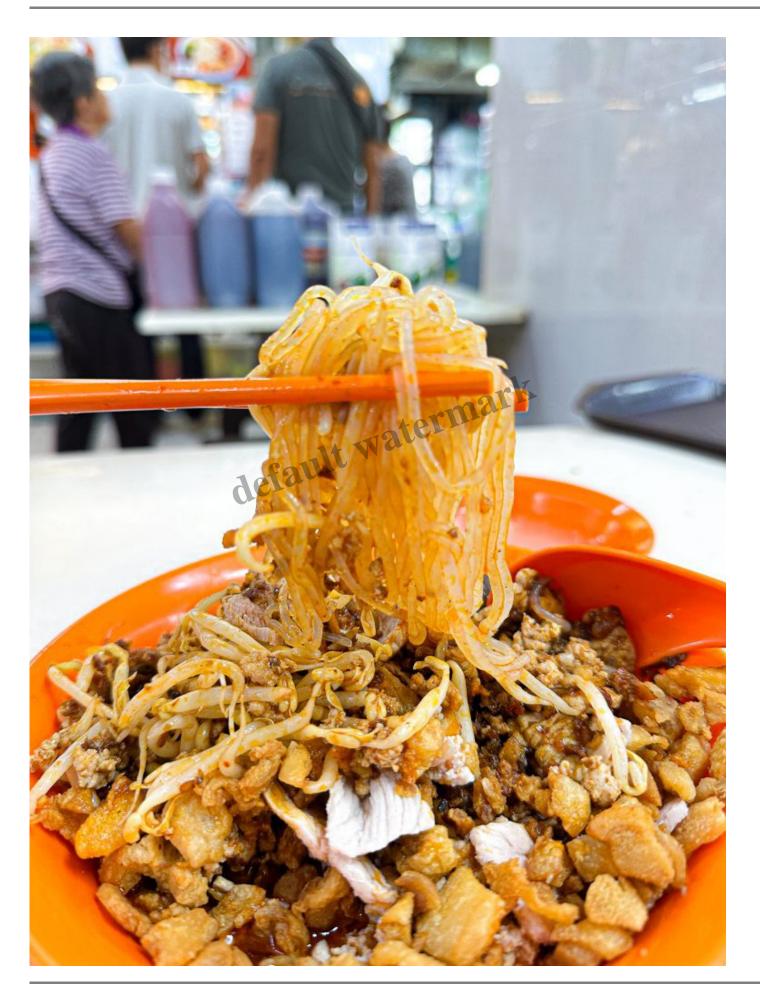
Mince meat noodles, known as Bak Chor Mee in Singapore, are a flavorful street food dish featuring thin, flat egg noodles with finely ground meat (typically pork), a savory sauce, and various toppings.



Now combining the two, you get Keto Bak Chor Mee. How does it look like? From the moment I pick up the food, all I see is a mountain of fragrant pork lard.

The bowl is so densely filled with ingredients that I have to be careful with my tossing or I'll risk spilling the pork lard on the table.

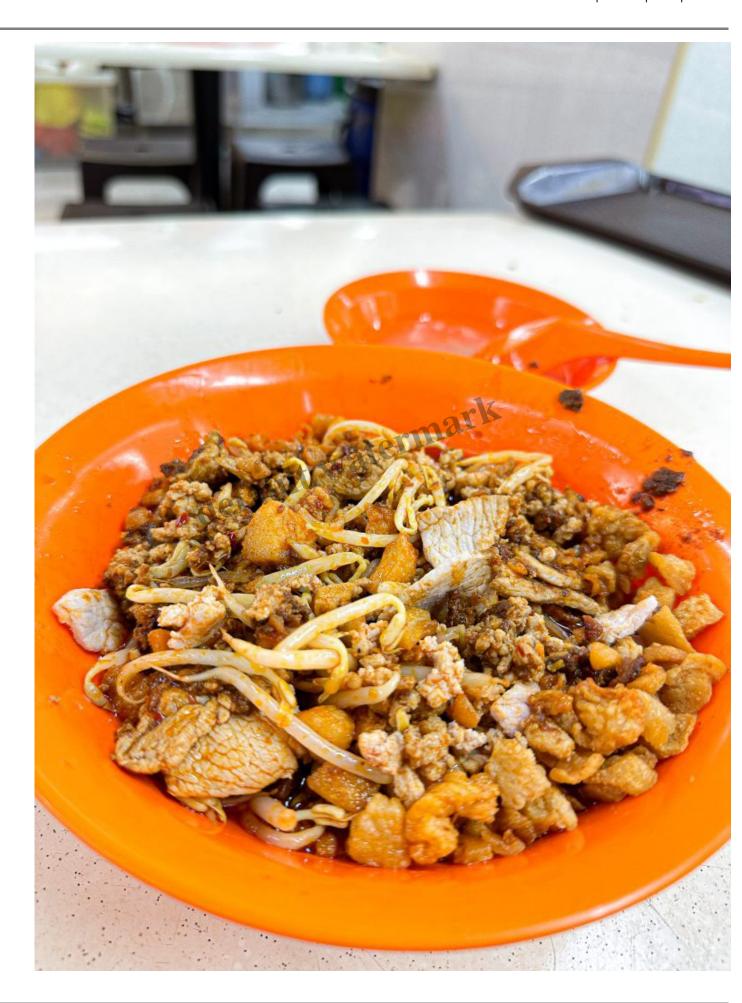
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Underneath the trove of pork lard, I uncover mince meat, pork slices, sprouts, konjac noodles and a braised egg swimming in a savoury sauce that smells of vinegar and chilli oil.

Science corner: The calorie content of konjac noodles, also known as shirataki noodles or miracle noodles, is extremely low. A typical serving of konjac noodles, which is about 3.5 ounces (100 grams), contains approximately 5-10 calories. These noodles are primarily composed of water and glucomannan fiber, which is a type of soluble dietary fiber derived from the konjac plant. As a result, they are a popular choice for those seeking to reduce calorie intake and carbohydrates, as they are virtually calorie-free and very low in carbohydrates. The calorie count may vary slightly depending on the brand and preparation method, but it remains extremely low.





Me, 1/3 way through the meal

Oh yes, the konjac noodles and braised egg are add-ons.

The keto bak Chor mee - \$6.50

Add ons - \$2.60

They do have quite a variety of add-ons you can choose from to power up your meal.

For ladies, I recommend you get a friend to share. The sheer amount of meat can get pretty one dimensional towards the end of the meal. I think we can do with a little more bean sprout to lighten up the taste and add more crunch to every mouthful.

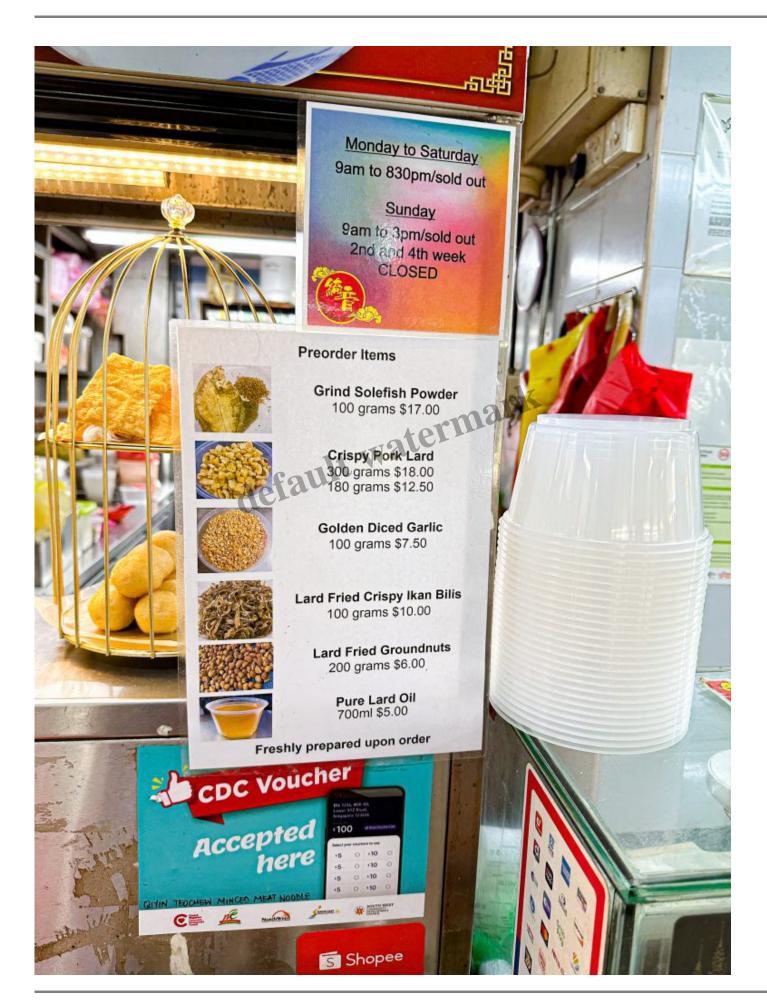




Judging from the stall's signboard, my guess is they started off as any other noodles stall but they found an angle with the keto diet. I heard about Qiyin Teochew Mince Meat Noodles (203 Toa Payoh N, #01-1121 Block 203, Singapore 310203) via a radio interview they did recently so here I am, to give this keto bak chor mee a try.



For those who want to whip up your own version of mince meat noodles at home, you can also buy raw ingredients to go.



Personal Verdict:

3.5/5 – the noodles is decently good. but if you are here for health reasons, then perhaps go for the soup version. haha

Will I return? Yeah! I am curious about their keto laksa.



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