特色米飯漢堡
The Rice Burger

Serves 4

自製健康小食的貼士
Tips for home-made healthy snacks

1. 採用健康且低脂的烹調方法，例如少油煎。
2. 加添蔬菜如洋蔥、生菜和蘑菇以增加膳食纖維量，促進腸道健康。
3. 若米飯有一點乾、不粘 (黏身)，可放入保鮮袋中揉搓或拍打一下，這樣較易成型。

1. Adopt a healthy and low-fat cooking style, e.g. sauté with less oil.
2. Adding vegetables, such as onion, lettuce and mushrooms, to snacks can increase dietary fibre intake and enhance your intestinal health.
3. If the rice is somewhat dry or non-sticky, you may put it in a zip-lock bag and rub or pad briefly. This would help form your desired shapes.

食材 Ingredients

中文	份量	English	Amount
壽司飯 (已煮熟)	約2碗	Sushi rice (cooked)	Approx. 2 bowls
瘦豬肉 (免治)	80克 (約2兩)	Lean pork (minced)	80 g (approx. 2 taels)
洋蔥 (切碎粒)	¼個	Onion	¼ piece (chopped)
蘑菇 (切片)	4-5粒	Mushroom	4-5 pieces (sliced)
生菜 (切絲)	2-3片	Lettuce	2-3 pieces (shredded)
白/黑芝麻	1茶匙	White / black sesame	1 teaspoon
粟米油	1茶匙	Corn oil	1 teaspoon

(註：1碗 = 250-300毫升)　(Remark: 1 bowl = 250-300 ml)

調味料 Seasonings

中文	份量	English	Amount
醬油	1茶匙	Soy sauce	1 teaspoon
白胡椒粉	少許	White pepper	A pinch
低脂沙律醬	15毫升 (約1湯匙)	Low-fat salad dressing	15 ml (approx. 1 tablespoon)

烹調步驟 Cooking Method

1. 拌勻免治豬肉後放入洋蔥粒，再加入少許胡椒粉和醬油調味，醃約10分鐘，搓成漢堡扒形狀，備用。
2. 將牛奶盒洗淨，剪成約1.5厘米厚，拉緊成圓形圈模。壽司飯搓揉成兩個飯糰，放於模中，用手掌壓成兩片似麵包的飯糰，灑上芝麻。
3. 燒熱鑊，放少許油，將飯糰兩面煎香，備用。
4. 將醃好的豬肉漢堡扒與蘑菇一起煎熟，備用。
5. 煎香的飯糰塗少許低脂沙律醬(可隨喜好酌量加減)，在兩片飯糰中間放入生菜絲、漢堡扒和蘑菇片，即成。

1. Mix the minced pork and the onion. Add a pinch of pepper and some soy sauce for seasoning. Marinate for 10 minutes. Press into the shape of a burger patty. Set aside.
2. Wash a milk box. Cut the box to 1.5 cm thick and pull tight such that it becomes a round-shape mould. Rub the sushi rice into rice balls and place them into the mould, one after another. Press each of them into the shape of a burger bun. Sprinkle with sesame.
3. Heat a pan with a small amount of oil. Pan-fry both sides of the rice cakes until aromatic. Set aside.
4. Pan-fry both the marinated pork burger patty and mushrooms. Set aside.
5. Apply a small amount (the amount can be freely adjusted) of low-fat salad dressing onto the pan-fried rice cakes. Place the shredded lettuce, pork burger patty and mushroom slices in between the two pieces of rice cakes. Serve.