

Lunch Dishes Recipes

Stir-fried Shrimps with Sugar Snap Peas and Cucumbers

(Serves about 8 persons)

Ingredients:

Sugar snap peas	110 grams
Shrimps	300 grams
Cucumbers	450 grams
Dried shallot	1 dice
Ginger	2 slices
Garlic, sliced	1 clove

Marinade:

White pepper	Small amount
Corn flour	1 teaspoon

Seasoning:

Salt	Small amount
Sugar	$\frac{1}{4}$ teaspoon
Corn flour	1 teaspoon
Water	3 tablespoons



Method:

1. Remove shells and heads of shrimps and devein. Wash and wipe dry. Add marinade ingredients and mix well. Scald briefly and set aside.
2. Blanch sugar snap peas. Drain dry.
3. Peel cucumbers and remove seeds. Wash and cut into large shreds.
4. Heat wok. Add small amount of oil, dried shallot and ginger. Stir-fry shrimps and sugar snap peas for a while. Set aside on dish.
5. Stir-fry garlic with small amount of oil. Put in cucumbers and stir well. Add small amount of water. Put in cooked shrimps and sugar snap peas. Add seasoning. Cook till done and serve.



- The ingredients used in this recipe are not only low in fat but also rich in protein and dietary fiber. Remember, however, to keep the amount of shrimps in moderation to avoid excessive intake of cholesterol.
- Adding corn flour with water may help decrease the amount of oil used when cooking. Also, try not to use too much seasoning and condiments.

Eggplants with Minced Pork

Ingredients:

Minced lean pork	160 grams
Eggplants, small	3 pieces (approx.240 grams)
Garlic, finely chopped	2 teaspoons
Vegetable oil	1 $\frac{1}{2}$ tablespoons

Marinade:

Soy sauce	2 teaspoons
White pepper	Small amount
Sugar	$\frac{1}{2}$ teaspoon
Cornstarch	$\frac{1}{2}$ teaspoon
Water	1 tablespoon

Seasoning:

Salt	$\frac{1}{2}$ teaspoon
Soy sauce	1 teaspoon
Sesame oil	$\frac{1}{2}$ teaspoon
White pepper	Small amount
Sugar	$\frac{1}{2}$ teaspoon
Water	3 tablespoons

Method:

1. Mix together the minced pork and the marinade, leave for a while.
2. Rinse, trim, and cut the eggplants into wedges.
3. Stir-fry the garlic with $\frac{1}{2}$ tablespoon of oil in a non-stick wok / pan. Stir-fry the minced pork to medium well. Take out and set aside.
4. Fry the eggplants with 1 tablespoon of oil. Add some water and cook until softened. Then add in the minced pork and seasoning sauce and simmer until the pork is thoroughly cooked.

(Serves about 4 persons)



- Minced pork sold in the market is generally high in fat. It is advised to buy lean pork and then have it minced.
- Eggplants absorb much oil during cooking. Adding some water after pan-frying can reduce the use of oil.