Lunch Dishes Recipes

Stir-fried Shrimps with Sugar Snap Peas and

Cucumbers

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

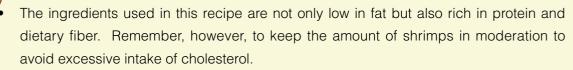
(Serves about 8 persons)



Method:

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- 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.



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 ½ 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

(Serves about 4 persons)



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.



- 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.