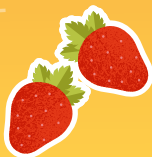
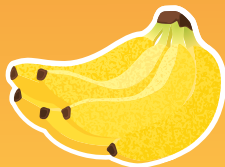
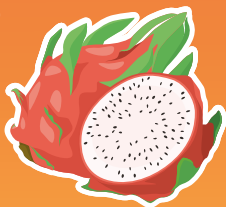


健康水果食譜

Healthy Fruit Recipes



蘋果馬蹄生魚湯

Snakehead Mullet Soup with Apples and Water Chestnuts

(6至8人分量)
(Serves 6 to 8 persons)

材料

蘋果(中型)4個
馬蹄8粒
生魚(其他魚均可)12兩
果皮1片
豬脰8兩
薑2片
清水12杯
(註: 1杯 ≈ 240 毫升)

調味料

鹽少量

烹調方法

- 蘋果去皮去籽, 洗淨, 切大塊; 馬蹄去皮, 洗淨; 果皮浸軟, 備用。
- 豬脰洗淨後用熱水燙過。
- 生魚劃好, 洗淨, 抹乾, 用油加薑片煎至金黃色。
- 在湯煲注入清水十二杯, 加入所有材料, 以大火煲半小時, 轉中火再煲一小時, 下鹽調味即成。



Ingredients

Apples (medium-sized) – 4 pieces
Water chestnuts – 8 pieces
Snakehead mullet (or other types of fish) – 450 grams
Dry tangerine peel – 1 piece
Pork shank – 300 grams
Ginger – 2 slices
Water – 12 cups
(Remark: 1 cup ≈ 240 ml)

Seasoning

Salt – small amount

Preparation Method

- Peel apples and remove seeds. Rinse and cut into large pieces. Peel water chestnuts and rinse. Soak the dry tangerine peel, set aside.
- Wash pork shank and scald.
- Dress and rinse fish. Wipe off excess water. Fry to golden brown with ginger.
- Boil 12 cups of water in pot with all ingredients over high heat for half hour. Switch to medium heat for another hour. Season with salt and serve.



智「營」提示 Smart “Nutrition” Tips

- 若想減少蘋果中的營養流失, 可以待轉中火後才把蘋果加入水中烹調。
- You can minimise nutrient loss by decreasing the cooking time of apples and adding them to boiling water after the heat has been switched to medium.

木瓜香蕉奶昔

Papaya and Banana Milkshake

(2至3人分量)
(Serves 2 to 3 persons)



材料

- 木瓜 ½ 杯
- 香蕉(大型) ½ 條
- 脫脂奶 1 杯
- 原味低脂乳酪 1 杯
(註：1 杯 ≈ 240 毫升)

烹調方法

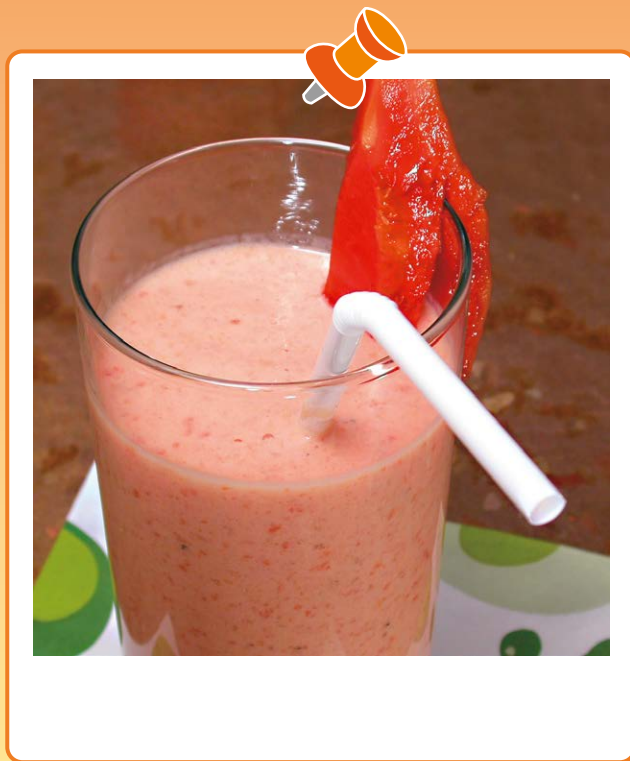
- 木瓜去皮去籽、香蕉去皮，將所有材料放入攪拌器內，打至幼滑後即可。

Ingredients

- Papaya – ½ cup
- Banana (large-sized) – ½ piece
- Skimmed milk – 1 cup
- Plain low-fat yoghurt – 1 cup
(Remark: 1 cup ≈ 240 ml)

Preparation Method

- Peel papaya and remove its seeds. Peel banana.
- Place all ingredients in blender. Blend until smooth and serve.



智「營」提示 Smart “Nutrition” Tips

- 為免令奶昔變得高脂高熱量，二至五歲兒童可用低脂奶，而五歲或以上可用低脂或脫脂奶。
- 水果可隨意配搭，建議選擇含豐富維生素C的水果，如芒果、士多啤梨和奇異果，以促進細胞成長和修補。
- To avoid turning the milkshake into a high-fat and calorie-dense one, children between 2 and 5 years old are advised to take low-fat milk and children above 5 years old to take low-fat or skimmed milk.
- You can choose any fruit you like for this milkshake but fruits rich in vitamin C are recommended to promote growth and repair of cells. Examples include mangoes, strawberries and kiwifruits.

子蘿雞柳

Stir-fried Chicken Fillets with Pineapple and Young Ginger

(3至5人分量)
(Serves 3 to 5 persons)



材料

新鮮菠蘿 (大型) ½ 個
子薑 10片 去皮雞柳 6兩
青紅椒少量 薑 2片

醃料

紹酒 2茶匙 生抽 1茶匙
生粉 2茶匙

調味料

米醋 1茶匙 砂糖 1茶匙
生粉 1茶匙 清水 2湯匙

烹調方法

- 雞柳洗淨，切片，下醃料拌勻。
- 菠蘿去皮後切塊，放入清水加少量鹽浸半小時，瀝乾水分，備用。
- 青紅椒切粗粒，備用。
- 燒熱鑊，下少量油及薑片，再下雞柳炒至八成熟。
- 加入菠蘿、子薑、青紅椒炒片刻，下調味料炒勻即可

Ingredients

Fresh pineapple (large-sized) – ½ piece
Young ginger – 10 slices
Chicken fillets (without skin) – 220 grams
Green and red bell peppers – small amount
Ginger – 2 slices

Marinade

Shaoxing wine – 2 teaspoons
Light soy sauce – 1 teaspoon
Corn starch – 2 teaspoons

Seasoning

Rice vinegar – 1 teaspoon
Sugar – 1 teaspoon
Corn starch – 1 teaspoon
Water – 2 tablespoons

Preparation Method

- Wash chicken fillets. Slice and marinate.
- Peel and chop pineapple, soak in water with dash of salt for 30 minutes. Drain and set aside.
- Chop the green and red bell peppers and set aside.
- Heat wok. Stir-fry ginger in small amount of oil. Add chicken fillets and stir-fry till almost done.
- Add pineapple, young ginger, green and red bell peppers. Stir-fry for a while. Add seasoning and stir well to serve.



智「營」提示 Smart “Nutrition” Tips

- 避免選用罐頭糖水菠蘿，以免攝取過量糖分。
- 建議採用去皮雞肉，因為連皮雞肉的脂肪含量大約是去皮雞肉的兩倍。
- Avoid using canned pineapples in syrup in order to avoid excessive intake of sugar.
- It is important to note that skinless chicken is recommended. The fat content of chicken meat with skin is about twice than that of the skinless.

雜果沙律

Mixed Fruit Salad

(6至8人分量)
(Serves 6 to 8 persons)



材料

- 新鮮士多啤梨 (中型) 2杯 (約25粒)
- 香蕉 (大型) 2隻
- 奇異果 (中型) 4個
- 橙 (中型) 1個 (作沙律汁用)
- 檸檬 (小型) ½個 (作沙律汁用)

調味料

蜜糖少量

烹調方法

- 先將橙及檸檬榨汁備用。
- 將士多啤梨洗淨，去蒂並一開為二，香蕉去皮切成厚片，奇異果去皮，分成四份。
- 將檸檬汁、橙汁、一杯士多啤梨和少量蜜糖用攪拌機打至幼滑成沙律汁。
- 將餘下的士多啤梨、香蕉及奇異果置於沙律盤內，再淋上沙律汁即成。如非即時進食，應將沙律置於雪櫃內備用。

Ingredients

- Fresh strawberries (medium-sized) - 2 cups (about 25 pieces)
- Banana (large-sized) - 2 pieces
- Kiwifruits (medium-sized) - 4 pieces
- Orange (medium-sized) - 1 piece (for dressing)
- Lemon (small-sized) - ½ piece (for dressing)

Seasoning

- Honey - small amount

Preparation Method

- Squeeze orange and lemon juices.
- Wash, tail and halve strawberries. Peel and cut bananas into thick slices. Peel and quarter kiwifruits.
- Put orange and lemon juices, half of strawberries and small amount of honey into blender. Blend until smooth as salad dressing.
- Stack remaining strawberries, banana slices and kiwifruits in salad bowl. Add salad dressing. Refrigerate if not serving right away.

智「營」提示 Smart "Nutrition" Tips

- 以鮮果汁代替一般沙律醬不但能增添更多鮮味，更有助減少脂肪和熱量的攝取。
- 對蜜糖敏感的人士，可以在製作沙律汁時以半杯提子肉 (去皮去核) 來代替部分士多啤梨，以此取代蜜糖。
- Using fresh fruit juices instead of regular salad dressing can enhance the fresh taste of fruits and reduce consumption of fat and calories.
- For people who are allergic to honey, part of the strawberries used in the salad dressing can be replaced with half cup of grapes (without seeds and skins). In this way, honey is not necessary in this recipe.



奇異火龍炒牛柳

Stir-fried Beef with Kiwifruits and Dragon Fruit

(3至5人分量)
(Serves 3 to 5 persons)



材料

奇異果(中型)2個
牛柳2片

火龍果(大型)1個
蒜肉3粒

醃料

日本清酒2茶匙
生粉2茶匙

生抽1茶匙
黑椒碎少量

調味料

豉油1茶匙
糖½茶匙

烹調方法

- 牛柳洗淨用廚房紙抹乾，切粗粒，下醃料拌勻，置半小時備用。
- 奇異果及火龍果去皮洗淨，切粗粒；蒜肉切碎備用。
- 燒熱鑊下少量油及蒜蓉，將牛柳粒煎至一面微黃色，翻轉另一面煎至將熟，加入調味料、奇異果及火龍果炒勻即成。

Ingredients

Kiwifruits (medium-sized) – 2 pieces
Dragon fruit (large-sized) – 1 piece
Beef fillets – 2 slices
Garlic – 3 cloves

Marinade

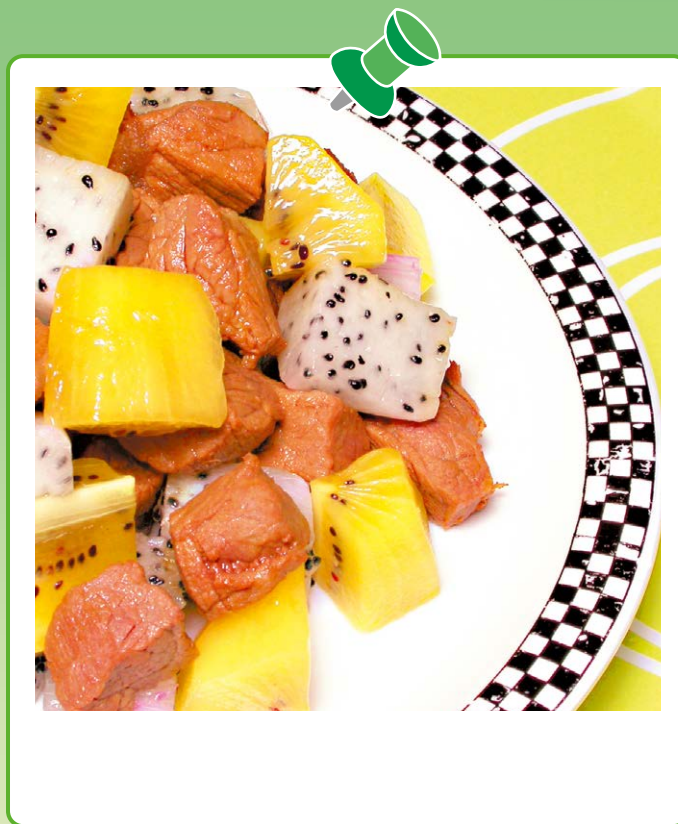
Japanese sake – 2 teaspoons
Light soy sauce – 1 teaspoon
Corn starch – 2 teaspoons
Ground black pepper – small amount

Seasoning

Soy sauce – 1 teaspoon
Sugar – ½ teaspoon

Preparation Method

- Wash beef fillets and wipe off water with kitchen towel. Cut into big cubes and mix with marinade. Leave for half hour.
- Peel kiwifruits and dragon fruit. Rinse and cut into big cubes. Finely chop garlic and set aside.
- Heat wok. Add small amount of oil. Fry garlic and beef cubes until one side of cubes turns golden brown. Fry the other side until almost done. Then mix in seasoning and fruits cubes. Stir-fry briefly and serve hot.



智[營]提示 Smart “Nutrition” Tips

- 牛柳提供大量鐵質，有助預防缺鐵性貧血。
- 可以青椒或西蘭花等含豐富維生素C的蔬菜代替水果，減少菜式中的糖分含量。
- Beef is a good source of iron which helps prevent iron-deficiency anaemia.
- Kiwifruits and dragon fruit can be replaced with vegetables rich in vitamin C such as green bell peppers or broccoli to cut down sugar content.



水果蔬菜不可少
日日記得三加三
Enjoy Fruit and Vegetables Every Day
Two plus Three is the Way

水果與蔬菜可以成為很多美味菜式的營養材料，此小冊子為大家提供一些快捷食譜，讓大家炮製一些可口的小菜，助你進食更多蔬果之餘，亦能享受入廚樂。何不快快準備，讓自己成為廚藝精湛、注重健康的家庭大廚！

Fruit and vegetables can be nutritious ingredients of a lot of great dishes. Listed in this section are some quick and delicious recipes to help increase your fruit and vegetables consumption as well as the enjoyment of preparing your own food. Let's get ready to be a skilled and health-conscious cook for your family!



衛生防護中心網頁
Centre for Health Protection Website
www.chp.gov.hk



健康水果食譜
Healthy Fruit Recipes

衛生署健康教育專線
Health Education Infoline of the Department of Health

2833 0111

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