頁1

奇異火龍炒牛柳

Stir-fried Beef with Kiwifruits and Dragon Fruit

 （約3至5人份）

(Serves about 3 to 5 persons)

材料

奇異果（中型）2個

火龍果（大型）1個

厚切牛柳2片

蒜肉3粒（切碎）

醃料

日本清酒2茶匙

生油1茶匙

生粉2茶匙

黑椒碎少量

調味料

豉油1茶匙

糖1/2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。

•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 - 2 medium

Dragon fruit - 1 large

Beef fillets - 2 slices

Garlic - 3 cloves, chopped

Marinade

Japanese sake - 2 tsp

Light soy sauce - 1 tsp

Corn flour - 2 tsp

Ground black pepper - small amount

Seasoning

Soy sauce - 1 tsp

Sugar - 1/2 tsp

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.

•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，奇異果則含豐富維生素C，有助人體吸收鐵質。

•糖尿病患者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 and kiwifruit is rich in vitamin C which helps our body absorb iron.

•People with diabetes can replace kiwifruits and dragon fruit with vegetables rich in vitamin C such as green bell peppers or broccoli to cut down sugar content.

頁2

Department of Health

水果蔬菜不可少

日日記得二加三

Enjoy Fruits 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，讓大家炮製一些好吃的小菜，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！

Fruits 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 vegetable 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!

欲知更多，可致電衛生署健康教育熱線

For further information, please call the Health Education Hotline of the Department of Health

2833 0111

或瀏覽衛生署中央健康教育組網頁

or visit the website of the Central Health Education Unit of the Department of Health

www.cheu.gov.hk

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