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蜜豆青瓜炒蝦仁

Stir-fried Shrimps with Sugar Snap Peas and Cucumbers

（約3至5人份）

(Serves about 3 to 5 persons)

材料

蜜豆3両

青瓜12両

蝦1/2斤

乾蔥頭1粒

薑2片

蒜肉1粒（切片）

醃料

胡椒粉少量

生粉1茶匙

調味料

鹽少量

生粉1茶匙

糖1/4茶匙

水3湯匙

烹調方法

・將蝦去殼，去蝦頭和挑腸，洗淨，抹乾水分，下醃料拌勻，飛水。

・蜜豆飛水，瀝乾。

・青瓜去皮去籽，洗淨，切粗條。

• 燒熱鑊，下少量油、乾蔥頭及薑片炒香，加入蝦仁及蜜豆同炒片刻即起備用。

・用少量油炒香蒜片，放下青瓜炒勻，加入少量清水。放入蝦仁、蜜豆及調味料炒熟即成。

Ingredients

Sugar snap peas - 110 grams

Cucumbers - 450 grams

Shrimps - 300 grams

Dried shallot - 1 dice

Garlic -1 clove, sliced

Ginger - 2 slices

Marinade

White pepper - small amount

Corn flour - 1 tsp

Seasoning

Salt - small amount

Corn flour - 1 tsp

Sugar -1/4 tsp

Water - 3 tbsp

Preparation Method

•Remove shells and heads of shrimps and devein. Wash and wipe dry. Add marinade ingredients and mix well. Scald briefly and set aside.

•Blanch sugar snap peas. Drain dry.

•Peel cucumbers and remove seeds. Wash and cut into large shreds.

•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.

•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.

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營養師提示 Smart Tips

•這個菜式的用料不但低脂，且含豐富蛋白質和纖維。但要注意蝦仁的膽固醇含量略高，份量要適可而止。

•痛風症患者在食用前應先諮詢醫生的建議，因進食過多蝦仁和蜜豆可能會引致尿酸上升。

•用少量生粉和水作芡汁可減少烹調時的用油份量。此外，亦應盡量避免加入過量調味料及醬料。

•The ingredients used in this recipe are not only low in fat but also rich in protein and fibre. Remember, however, to keep the amount of shrimps in moderation to avoid intake of excessive cholesterol.

•People with gout should consult their doctors before consumption, because excessive intake of shrimps and sugar snap peas may cause increased level of uric acid.

•Adding corn flour sauce with water may help decrease the amount of oil used when cooking. Also, try not to use too much seasoning and condiments.