頁1

甘筍洋蔥蕃薯班戟

Carrot Pancakes with Onions and Sweet Potatoes

（約3至5人份）

(Serves about 3 to 5 persons)

材料

紅蘿蔔（中型）2個（刨絲）

洋蔥（小型）1個（切碎）

蕃薯（中型）2個（去皮刨絲）

雞蛋2隻

調味料

檸檬（小型）1/2個（榨汁）

生粉3湯匙

黑椒粉少量

橄欖油少量

烹調方法

•將紅蘿蔔絲、洋蔥碎、蕃薯絲、檸檬汁、生粉及蛋汁混合拌匀。

•加黑椒粉調味。

•慢火將平底鑊加熱，加入少量橄欖油。將一大湯匙混合材料置於中央，煎成大小隨意的薄班戟。每次可煎多個班戟，只要避免材料互相觸碰便可。

•每邊約煎兩分鐘直至兩面呈金黃色便成。

Ingredients

Carrots - 2 medium, grated

Onion - 1 small, finely chopped

Sweet potatoes - 2 medium, peeled and grated

Eggs - 2 whole

Seasoning

Lemon - 1/2 small, juiced

Corn flour - 3 tbsp

Black pepper - small amount

Olive oil - small amount

Preparation Method

•Add carrots, onion, sweet potatoes, lemon juice, com flour and eggs into large bowl and mix well.

•Season with black pepper.

•Warm small amount of olive oil in pan. Pour a large tablespoon of carrot mixture into middle of the pan and make a thin pancake in your preferred size. Fit in as many pancakes as possible without overlapping ingredients.

•Cook for about 2 minutes on each side until pancake turns slightly brown and serve.

營養師提示 Smart Tips

•洋蔥、紅蘿蔔及檸檬汁含豐富抗氧化物，有助增強免疫能力，改善心臟健康。

•橄欖油含單元不飽和脂肪酸，有助控制血液中的膽固醇水平，但由於橄欖油與其他油類的熱量一樣高，份量不宜過多。

•患有膽固醇過高的人士，可用4隻蛋白代替2隻全蛋來打成蛋汁。

•Onions, carrots and lemon juices are all rich in antioxidants which help strengthen our immune system and improve heart health.

•The monounsaturated fatty acid in olive oil is associated with better control of our blood cholesterol level. However, over-consumption is not recommended as its caloric content is as high as other types of oils.

•People with high blood cholesterol can replace 2 whole eggs with 4 egg whites.