頁1

子蘿雞柳

Stir-fried Chicken Fillets with Pineapple and Young Ginger

（約3至5人份）

(Serves about 3 to 5 persons)

材料

新鮮菠蘿（大型）1/2 個

子薑10片

去皮雞柳6両

薑2片

青紅椒少量（切粗粒）

醃料

紹酒2茶匙

生油 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。

•菠蘿切細塊，放入清水加少量鹽浸半小時，瀝乾水份，待用。

•燒熱鑊，下少量油及薑片，再下雞柳炒至八成熱。

•加入菠蘿、子薑、青紅椒炒片刻，下調味料炒勻即可

Ingredients

Fresh pineapple - 1/2 large

Young ginger - 10 slices

Chicken fillets (without skin) - 220 grams

Green and red bell peppers - small amount, chopped

Ginger - 2 slices

Marinade

Shaoxing wine - 2 tsp

Light soy sauce - 1 tsp

Corn flour - 2 tsp

Seasoning

Rice vinegar - 1 tsp

Sugar - 1 tsp

Corn flour -1 tsp

Water - 2 tbsp

Preparation Method

•Wash chicken fillets. Slice and marinate.

•Dice pineapple and soak in water with dash of salt for 30 minutes. Drain 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.

頁2

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是去皮雞肉的五倍。

•Avoid using pineapples canned in syrup in order to avoid excessive intake of sugar.

•It is important to note that chicken meat without skin is recommended. The fat content of chicken meat with skin is about 5 times of that of the skinless.