頁1

菜心瑤柱飯

Rice with Choi Sum and Dry Scallops

（約4至6人份）

(Serves about 4 to 6 persons)

材料

菜心1斤

白米2小杯（每杯約120毫升）

乾瑤柱2粒

薑2片

調味料

鹽少量

烹調方法

•乾瑤柱洗淨後浸水約一小時，撕碎並置於浸瑤柱的水中備用。

•白米洗淨，將瑤柱連水和白米一同置於電飯煲內，加入適量清水，煮至飯熟。

•菜心洗淨，切粒，燒熱鑊下少量油，下薑片，將菜心炒至半熟，下鹽調味。

•將半熟菜心倒入電飯煲內，與熟飯拌匀，再焗十分鐘便成。

Ingredients

Choi sum (Chinese flowering cabbage) - 600 grams

White rice - 2 small cups (about 120 ml each)

Dry scallops - 2 pieces

Ginger - 2 slices

Seasoning

Salt - small amount

Preparation Method

•Wash and soak dry scallops for an hour. Shred and keep with the soaking water.

•Wash white rice. Put rice and shredded scallops with soaking water in rice cooker. Add more water as needed and cook until done.

•Wash and dice choi sum. Heat wok. Add small amount of oil. Stir-fry ginger and choi sum till half-cooked. Season with salt.

• Mix choi sum with cooked rice. Heat in rice cooker for another 10 minutes.

營養師提示 Smart Tips

•喜歡臘味飯的人士不妨轉換口味試做這個菜飯。乾瑤柱所含熱量是臘腸或臘肉的一半，而脂肪含量更只是臘肉的二十分之一。但由於乾瑤柱的膽固醇偏高，份量要適可而止。

•若要進一歩增加纖維含量，可以混入少量紅米來代替部份白米。

•菜心不宜切太碎，以免在烹調過程中流失過多營養成份。

•This recipe is a good replacement of rice with preserved meat. The caloric content of dry scallops is only half of that of Chinese sausage or preserved pork. Dry scallops also have 20 times less fat than preserved meat. You should, however, keep the portion of dry scallops in moderation due to its comparatively high cholesterol content.

•To increase the fibre content, you can add a small amount of brown rice in place of part of the white rice.

•Try not to over-dice choi sum in order to prevent excessive nutrient loss during cooking.