

Go green. Eat light. So easy!

Super:

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Super:

Registered Dietitian
Leslie Chan

Leslie Chan:

Hello
Seems that you have difficulties deciding what to cook every day
I am a dietitian. Perhaps I can help you

Super:

Retired couple
Mr & Mrs Hong

Mrs Hong:

We know each and every grain of rice is precious since we were young

Mr Hong:

It is important to save food. Don't waste it

Super:

Working couple
Mr & Mrs Wong

Mr. Wong:

We're busy people and just want simple meals

Mrs. Wong:

that are quick to prepare and energy saving

Super:

A supporter of environmental protection
Cyrstal

Cyrstal:

I fully support low-carbon living
It will be better if food is tasty and nutritious

Leslie Chan:

Come with me
Want to save time and energy
No problem

Super:

Bean Curd, Eggs,
Celery, Carrots

Leslie Chan:

We can make a dish of stir-fried carrots, bean curds and eggs
Remember to use less oil and fast stir-fry

Super:

Use less oil, fast stir-fry

Leslie Chan:

Want to enjoy good soup and save energy at the same time
Simply boil white gourd with pearl brown rice
This soup doesn't require long time cooking

Super:

save time and energy
Stir-fried carrots, bean curd and eggs
White gourd with pearl brown rice in soup

Super:

Minced Dace Fish, Baby Corn, Dace Fish's Bones,
Carrots, Chinese Celery

Leslie Chan:

When you buy fish paste in a market
the bones are usually thrown away
If you add fish bones in making soup, the flavor will be enhanced
Look at these fish rolls in fish broth

Nothing will be wasted

Super:

Sea Cucumbers, Carrots,
Bean Curd Sticks, Black Fungus,
Spring Onions

Leslie Chan:

With a dish like braised sea cucumbers with bean curd sticks
all the ingredients will be used completely
Stop eating before you are full
This is not good for your health in the long run

Super:

making the best use of foods
Braised sea cucumbers with bean curd sticks
Fish rolls in fish broth

Super:

Low Fat Coconut Cream, Eggplants,
Dried Spring Onions, Curry Powder,
Assorted Beans

Leslie Chan:

Know your ingredients
so that you can enjoy delicious and healthy dishes
Eggplant and bean curry casserole is a good example
a dish that can be delicious without lots of fancy ingredients

Super:

Pumpkin, Potatoes,
Chinese Chives, Eggs

Leslie Chan:

Try the shredded pumpkin and potato cakes
Potatoes are high in fiber
and the skin provides a good source of nutrient
You will generate less kitchen waste if you include their skins

Also, you can buy a lot of these ingredients
at the same time
and cook them later

Super:

low carbon & healthy
Shredded pumpkin and potato cakes
Eggplants and beans curry casserole

Super:

No excess ingredients.
Energy-wise cooking.
Stop eating before full.

Everyone:

Go green. Eat light. So easy!