

Housing Channel

Title: Healthy Recipes for Elderly II - Fish Tail Soup with Angled Loofah and Coriander

- Super: Healthy Recipes for Elderly II
- Super: Cooling Series
Fish Tail Soup with Angled Loofah and Coriander
- Super: A summer produce,
Angled loofah is fresh and sweet
- Super: Coriander can enhance the flavour of fish
- Super: Ingredients (4 servings)
Angled Loofah 1 catty / 600g
Coriander 2 taels / 80g
Grass Carp Fish Tail 10 taels / 40g
Vegetable Oil 2 tsp
Ginger 3 slices
Water 6 bowls
- Super: Peel and cut angled loofah into pieces
- Super: Wash the roots of coriander
- Super: Pat dry the fish tail
- Super: Add in fish tail and pan-fry until both sides turn golden
- Super: Add in boiling water
- Super: Bring it to a boil on high heat
Then turn to medium heat and boil for 20 minutes
- Super: Add in angled loofah and coriander
- Super: Boil for about 5 minutes till angled loofah softened
- Super: Season with 1/4 tsp of salt
- Super: Fish Tail Soup with Angled Loofah and Coriander