

## Housing Channel

### Title: Autumn Recipe – Braised Pork with Carrot and Lotus Root

- Super: Healthy Recipes for Elderly
- Super: Autumn Recipes  
Braised Pork with Carrot and Lotus Root  
Rich in protein and iron
- Super: A flavourful dish using seasonal Autumn produce  
Lean pork is low in fat and rich in protein
- Super: Softened vegetables are easy to chew
- Super: Ingredients (4 servings)  
Lean Pork (320 g)  
Lotus Root (240 g)  
Carrot (240 g)  
Onion (130 g)  
Vegetable Oil (2 tsp)  
Water (2 cups)
- Super: Lean Pork Marinade  
Japanese soy sauce (2 tsp)  
Sesame oil (1/2 tsp)  
15 minutes
- Super: Lotus root  
Carrot  
Onion
- Super: Lotus root  
Prevent oxidation and darkening by soaking in water

Super: Stir-fry onion till fragrant

Super: Seasoning  
Japanese soy sauce (2 tsp)  
Mirin (1 tbsp)

Super: Water

Super: Turn to medium heat  
Bring to a boil and simmer  
Simmer for 30 minutes or until the meat becomes tender  
30 minutes

Super: Autumn Recipes  
Braised Pork with Carrot and Lotus Root  
Please visit Elderly Health Service, Department of Health's  
website for more healthy recipes  
[www.elderly.gov.hk](http://www.elderly.gov.hk)