

Housing Channel

Title: Winter Recipe – Watercress, Carrot, Monkfruit and Lean Pork Soup

Super: Healthy Recipes for Elderly

Super: Winter Recipes
Watercress, Carrot, Monkfruit and Lean Pork Soup
Seasonal winter produce
Use lean pork instead of pork bones to reduce fat intake

Super: Monkfruit and carrot can enhance the sweetness

Super: Ingredients (4 servings):
Monkfruit (12 g)
Watercress (640 g)
Lean Pork (320 g)
Carrot (240 g)
Salt (1/4 tsp)
Ginger (2-3 pc.)
Water (6 bowls)

Super: Cut the root

Super: Soaking with salted water can get rid of slugs
45 minutes

Super: Carrot

Super: Monkfruit

Super: Lean Pork

Super: Blanch to get rid of the blood and some fat

Super: Bring to a boil and simmer
1.5 hours

Super: Season with salt

Super:

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Please visit Elderly Health Service, Department of Health's
website for more healthy recipes

www.elderly.gov.hk