

Housing Channel

Title: Spring Recipe – Chinese Chive, Goji Berry and Egg Drop Soup

Super: Healthy Recipes for Elderly

Super: Spring Recipes
Chinese Chive, Goji Berry and Egg Drop Soup
Simple and nutritious
Chinese chive is a seasonal spring produce

Super: Ingredients (4 servings):
Egg (2 pc.)
Chinese chive (80 g)
Dried goji berry (40 g)
Salt (1/4 tsp)
White pepper (a pinch)
Sesame oil (2 tsp)
Water (6 bowls)

Super: Soak goji berries to make them soft

Super: Chinese chive

Super: Eggs

Super: Simmer
Add beaten eggs

Super: Add goji berries 3 minutes before turning off the heat to avoid overcooking them

Super: Season with salt, sesame oil and white pepper

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Please visit Elderly Health Service, Department of Health's website for more healthy recipes
www.elderly.gov.hk