

Housing Channel

Title: Spring Recipe – Shrimp and Mixed Spring Vegetables Casserole

Super: Healthy Recipes for Elderly

Super: Spring Recipes
Shrimp and Mixed Spring Vegetables Casserole
High fibre, low fat
Chinese celery, asparagus, Chinese cabbage and Chinese lettuce are seasonal spring vegetables

Super: Ingredients (4 servings):
Chinese celery (80 g)
Asparagus (2 pc.)
Chinese cabbage (80 g)
Chinese lettuce (80 g)
Fresh mushroom (4 pc.)
Shrimp (80 g)
White pepper (1/4 tsp)
Ginger (3 slices)
Vegetable oil (2 tsp)
Salt (3/4 tsp)
Water (3 bowls)

Super: Dry the shrimp with kitchen paper

Super: Chinese celery
Asparagus
Chinese lettuce
Chinese cabbage
Fresh mushroom

Super: Vegetable oil
Ginger

Super: High heat
5 minutes

Super: High heat
2 minutes

Super: High heat
1-2 minutes

Super: Season with salt 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