

Housing Channel

Title: Spring Recipe – Tomatoes with Dried Tofu and Minced Pork

Super: Healthy Recipes for Elderly

Super: Spring Recipes

Tomatoes with Dried Tofu and Minced Pork

The sweet and sour taste of tomatoes is appetising

Tomato is a seasonal spring produce and rich in dietary fibre

Super: Minced pork and dried tofu are soft and easy to chew

Super: Ingredients (4 servings):

Tomato (4 pc.)

Minced lean pork (200 g)

Dried white tofu (200 g)

Corn oil (1 tbsp)

Garlic (2 cloves)

Water (2 cups)

Super: Tomato

Dried white tofu

Garlic

Super: Marinade:

Salt (1/2 tsp)

White sugar (1/2 tsp)

White pepper (a pinch)

Super: Fry minced pork

Super: Bring to a boil and simmer

5 minutes

Super: Thickening:

Cornstarch (1 tsp)

Water (1/2 cup)

Super:

Seasoning:

Salt (1/2 tsp)

White sugar (2 tsp)

Super:

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

www.elderly.gov.hk