

Housing Channel

Title: Summer Recipe – Winter Melon, Corn and Lean Pork Soup

Super: Healthy Recipes for Elderly

Super: Summer Recipes
Winter Melon, Corn and Lean Pork Soup
A refreshing soup to help replenishing fluid

Super: Winter melon is a seasonal summer produce

Super: Winter melon and corn contain dietary fibre
Fat-trimmed pork shin is low in fat and easy to chew

Super: Ingredients (4 servings)
Corn cob (1 pc.)
Winter melon (640 g)
Lean pork (320 g)
Ginger (4 slices)
Candied date (24 g)
Salt (1/4 tsp)
Water (6 bowls)

Super: Winter melon

Super: Corn cob

Super: Lean pork

Super: Blanch lean pork

Super: Water

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Super: Bring to a boil and simmer
2 hours

Super: Season with salt

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