

Housing Channel

Title: Summer Recipe - Stir-fried Chicken with Cherry Tomato and Broccoli

Super: Healthy Recipes for Elderly

Super: Summer Recipes
Stir-fried Chicken with Cherry Tomato and Broccoli
Appetizing and rich in dietary fibre
A seasonal summer produce

Super: Rich in protein and dietary fibre

Super: Ingredients (4 servings):
Broccoli (240 g)
Skinless chicken steak (320 g)
Cherry tomato (225 g)
Vegetable oil (1 tbsp)
Ginger (3 pc)
Water (3 tbsp)

Super: Chicken steak
Marinade:
Light soy sauce (1 tbsp)
White sugar ($\frac{1}{2}$ tsp)
White pepper (trace)
Cornstarch ($\frac{1}{2}$ tsp)

Super: Cherry tomato
Broccoli

Super: Water

Super: Seasoning
Sugar ($\frac{1}{2}$ tsp)
Salt ($\frac{1}{4}$ tsp)

Super: Stir-fry chicken with cherry tomato and broccoli

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