

食譜

Recipes



Stir-fried Shrimps with Sugar Snap Peas and Cucumbers

Ingredients:

(Serves about 8 persons)

Sugar snap peas	110 g
Shrimps	300 g
Cucumbers	450 g
Dried shallot	1 dice
Ginger	2 slices
Garlic, sliced	1 clove



Seasoning:

White pepper (marinade)	Small amount
Corn flour (marinade)	1 teaspoon
Salt	½ teaspoon
Sugar	¼ teaspoon
Corn starch	1 teaspoon
Water	3 tablespoons

Method:

1. Remove shells and heads of shrimps and devein. Wash and wipe dry. Add marinade ingredients and mix well. Scald briefly and set aside.
2. Blanch sugar snap peas. Drain dry.
3. Wash cucumbers and cut into slices.
4. Heat wok. Add small amount of oil, dried shallot and ginger. Stir-fry shrimps and sugar snap peas for a while. Set aside on dish.
5. Stir-fry garlic with small amount of oil. Put in cucumbers and stir well. Add small amount of water. Put in cooked shrimps and sugar snap peas. Add seasoning. Cook till done and serve.

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Nutrition Tips

1. The ingredients used in this recipe are not only low in fat but also rich in protein and dietary fibre. Remember, however, to keep the amount of shrimps in moderation to avoid excessive intake of cholesterol.
2. Adding cornstarch with water may help decrease the amount of oil used when cooking. Also, try not to use too much seasoning and condiments.