



## Mixed Vegetables Salad with Minced Mud Carp

(Serves about 6-8 persons)

### Ingredients:

Minced mud carp	150 g
Spring onion, chopped	1 piece
Red bell pepper, yellow bell pepper	1 piece each
Carrot	½ piece
Cucumber	½ piece
Purple cabbage	¼ piece
Roasted peanuts, crushed	Small amount



### Seasoning:

Ground pepper	Small amount
Lime	2 pieces
Hot chili sauce	Small amount

### Method:

1. Mix the minced mud carp and chopped spring onion, then add the ground pepper. Mix in one direction until a mud carp paste is formed.
2. Heat a wok, then put in the mud carp paste. Flatten the mud carp paste to form mud carp patty. Pan-fry until both sides are golden brown.
3. Slice the mud carp patty. Set aside.
4. Wash and shred the red bell pepper, yellow bell pepper, cucumber and purple cabbage.
5. Strain the lime pulps to get the juice, then add the hot chili sauce to make a dressing. Set aside.
6. Arrange the shredded vegetables on the outer side of a large round plate by different colours, then put the sliced mud carp in the center of the dish.
7. Sprinkle the crushed roasted peanuts and pour the dressing on top.

# 食譜

## Recipes



### Nutrition Tips

1. By using a variety of seasonal and fresh vegetables to replace preserved ingredients such as sweet and sour ginger, rakkyo and preserved radish, the energy, salt and sugar content of the dish will be lower than its traditional version, while the vitamin C and dietary fibre content will be higher.
2. Substituting sashimi with cooked mud carp patty reduces the risk on food safety, making the dish suitable for the whole family.
3. Replacing traditional dressing with lime and small amount of hot chili sauce help to reduce the amount of oil, salt and sugar.