



## Rice Burger

### Ingredients:

Sushi rice (cooked)	Approx. 2 bowls
Lean pork (minced)	80 g
Onion	¼ piece (chopped)
Mushroom	4-5 pieces (sliced)
Lettuce	2-3 pieces (shredded)
White / black sesame	1 teaspoon
Corn oil	1 teaspoon

(Remark: 1 bowl = 250-300 ml)

(Serves about 4 persons)



### Seasoning:

Soy sauce	1 teaspoon
White pepper	A pinch
Low-fat salad dressing	15 ml (approx. 1 tablespoon)

### Method:

1. Mix the minced pork and the onion. Add a pinch of pepper and some soy sauce for seasoning. Marinate for 10 minutes. Press into the shape of a burger patty. Set aside.
2. Wash a milk box. Cut the box to 1.5 cm thick and pull tight such that it becomes a round-shape mould. Rub the sushi rice into rice balls and place them into the mould, one after another. Press each of them into the shape of a burger bun. Sprinkle with sesame.
3. Heat a pan with a small amount of oil. Pan-fry both sides of the rice cakes until aromatic. Set aside.
4. Pan-fry both the marinated pork burger patty and mushrooms. Set aside.
5. Apply a small amount (the amount can be freely adjusted) of low-fat salad dressing onto the pan-fried rice cakes. Place the shredded lettuce, pork burger patty and mushroom slices in between the two pieces of rice cakes. Serve.

# 食譜

## Recipes



### Nutrition Tips

1. Adopt a healthy and low-fat cooking style, e.g. sauté with less oil.
2. Adding vegetables, such as onion, lettuce and mushrooms, to snacks can increase dietary fibre intake and enhance your intestinal health.
3. If the rice is somewhat dry or non-sticky, you may put it in a zip-lock bag and rub or pad briefly. This would help form your desired shapes.