

食譜

Recipes



Carrot Pancakes with Onion and Sweet Potatoes

(Serves about 3-6 persons)

Ingredients:

Carrot, grated	2 medium
Onion, finely chopped	1 small
Sweet potato, grated	2 medium
Egg	2 pieces



Seasoning:

Lemon, small-sized, juiced	½ piece
Cornstarch	3 tablespoons
Black pepper	Small amount
Olive oil	Small amount

Method:

1. Add carrots, onion, sweet potatoes, lemon juice, cornstarch and eggs into large bowl and mix well.
2. Season with black pepper.
3. Warm small amount of olive oil in pan. Pour a large tablespoon of carrot mixture into middle of the pan and make a thin pancake in your preferred size. Fit in as many pancakes as possible without overlapping ingredients.
4. Cook for about 2 minutes on each side until pancake turns slightly brown and serve.



Nutrition Tips

1. Onions, carrots and lemon juices are all rich in antioxidants which help strengthen our immune system and improve heart health.
2. The monounsaturated fatty acid in olive oil is associated with better control of our blood cholesterol level. However, over-consumption is not recommended as its energy is as high as other types of oils.