



Chayote, Flathead Fish, and Lean Pork Soup

Ingredients:

(Serves about 6-8 persons)

Chayote	640 g
Lean pork	160 g
Fox nuts	40 g
Flathead fish	240 g
Vegetable oil	1 tablespoon
Ginger	2 slices
Water	As appropriate



Seasoning:

Salt	$\frac{1}{3}$ teaspoon
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Method:

1. Rinse and cut the chayote into wedges.
2. Rinse and blanch the pork. Rinse and drain the fox nuts.
3. Wash the fish. Fry the ginger with oil in a non-stick wok / pan and fry both sides of the fish until golden.
4. Boil the water over a high heat. Add in all the ingredients. Bring to the boil, then turn to low heat and continue boiling for 2 hours.
5. Season to taste with salt.



Nutrition Tips

1. Fish and lean pork are rich in protein. Those who do not have a good appetite are advised to also eat the soup ingredients to increase the nutrient intake.
2. Ginger can be added to the soup to mask the fishy taste of the soup for those who do not like the fishy taste.
3. Fish can be put in a soup bag before cooking to reduce the risk of choking among children.