



Chinese Herbal Soup ("Ching Po Leung" Soup) with Lean Pork

(Serves about 4 persons)

Ingredients:

"Ching Po Leung" soup mix	1 packet
Lean pork	About 160 g
Water	7-8 cups
(Remark: 1 cup ≈ 240 ml)	



Method:

1. Wash the lean pork, then blanch it in hot water. Set aside.
2. Wash all the ingredients in the "Ching Po Leung" soup mix packet. Set aside.
3. Pour water into the pot and add all the ingredients.
4. Bring all the ingredients to the boil over high heat, then simmer over medium heat for 2 hours and serve.



Nutrition Tips

1. Replacing pork bones with lean pork reduces fat content in soup and makes the soup healthier.
2. Besides water, clear soup replenishes the amount of water the body needs every day.