



苹果瘦肉汤

APPLE AND LEAN PORK SOUP

INGREDIENTS

- Lean pork, cut into 2-inch cubes 150g
- Ginger, sliced 20g
- White parts of spring onion 20g
- Apples, cut into pieces with skin intact 200g
- Yellow onion, cut into wedges 80g
- Pitted red dates 20g

SEASONING

- ¼ tsp salt

METHOD

1. Fill a pot with water (enough to cover lean pork). Add ginger and white parts of spring onion, and bring to a boil.
2. Add lean pork to remove blood and impurities. Remove lean pork, rinse and drain.
3. In a pot, bring 1.5 litres of water to a boil. Add lean pork, apples, yellow onion and red dates. Put on the lid and simmer over medium heat for 1 hour.
4. Add salt and stir well.

材料

- 猪瘦肉(切2寸丁状) 150克
- 姜(切片) 20克
- 葱白 20克
- 苹果(连皮切块) 200克
- 黄洋葱(切角形) 80克
- 去核红枣 20克

调味料

- 盐 ¼ 茶匙

做法

1. 锅内注入适量清水(足以淹过猪瘦肉), 加入姜和葱白, 煮沸。
2. 加入猪瘦肉汆烫, 去血水和杂质。取出猪瘦肉, 洗净沥干。
3. 锅内注入1.5公升清水, 煮沸。加入猪瘦肉、苹果、黄洋葱和红枣。加盖, 以中火煮1小时。
4. 加入盐拌匀。



Recipe from:
A Dietitian's Recommendations:
Eating Well During Pregnancy
食疗师这样教: 怀孕就要这样吃