



水果蔬菜不可少
日日記得二加三
Enjoy Fruits and Vegetables Every Day
Two plus Three is the Way

水果與蔬菜可以成為很多美味菜式的營養材料，此小冊子為大家提供一些快捷食譜，讓大家炮製一些好吃的小菜，助你進食更多蔬果之餘，亦能享受入廚樂。何不快快準備，讓自己成為廚藝精湛、注重健康的家庭大廚？

Fruits and vegetables can be nutritious ingredients of a lot of great dishes. Listed in this section are some quick and delicious recipes to help increase your fruit and vegetable consumption as well as the enjoyment of preparing your own food. Let's get ready to be a skilled and health-conscious cook for your family!

欲知更多，可致電衛生署健康教育熱線
For further information, please call the
Health Education Hotline of the Department of Health

2833 0111

或瀏覽我們的「二加三」網站
or visit our "2 plus 3" website

<http://2plus3.cheu.gov.hk>

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健康水果食譜

Healthy Fruit Recipes



衛生署
Department of Health

蘋果馬蹄生魚湯 Snakehead Mullet Soup with Apples and Water Chestnuts

(約 6 至 8 人份)
(Serves about 6 to 8 persons)

材料

蘋果 (中型) 4 個
馬蹄 8 粒
生魚 (其他魚均可) 12 兩
果皮 1 片 (浸軟)
豬脷 8 兩
薑 2 片
清水 12 杯
(註: 1 杯 = 240 毫升)

調味料

鹽少量

烹調方法

- 蘋果去皮去籽，洗淨，切大塊待用。
- 豬脷洗淨後用熱水燙過。
- 生魚剖好，洗淨，抹乾，用油加薑煎至金黃色。
- 在湯煲注入清水十二杯，加入所有材料，以大火煲半小時，轉中火再煲一小時，下鹽調味即成。



Ingredients

Apples - 4 medium
Water chestnuts - 8 pieces
Snakehead mullet - 450 grams
(or other types of fish)
Dry tangerine peel - 1 piece, soaked
Pork shank - 300 grams
Ginger - 2 slices
Water - 12 cups
(Remark: 1 cup = 240 ml)

Seasoning

Salt - small amount

Preparation Method

- Peel apples and remove seeds. Rinse and cut into large pieces.
- Wash pork shank and scald.
- Dress and rinse fish. Wipe off excess water. Fry to golden brown with ginger.
- Boil 12 cups of water in pot with all ingredients over high heat for half hour. Switch to medium heat for another hour. Season with salt and serve.



營養師提示 Smart Tips

- 若想減少蘋果中的營養流失，可以待轉中火後才把蘋果加入水中烹調。
- 糖尿病患者飲用此湯水前應先諮詢醫生的建議，因蘋果和馬蹄都屬天然高糖份的食物，部份糖份會在烹調過程中溶入湯水中。
- You can minimize nutrient loss by decreasing the cooking time of apples and adding them to boiling water after the heat has been switched to medium.
- Both apples and water chestnuts are naturally high in sugar which may dissolve in water upon boiling. Therefore, people with diabetes should consult their doctors before consumption of this soup.



蘋果馬蹄生魚湯

Snakehead Mullet Soup
with Apples and Water Chestnuts

木瓜香蕉奶昔 Papaya and Banana Milkshake

(約 2 至 3 人份)
(Serves about 2 to 3 persons)



材料

木瓜 1/2 杯
香蕉 (大型) 1/2 條
脫脂奶 1 杯
低脂原味乳酪 1 杯
(註: 1 杯 = 240 毫升)

Ingredients

Papaya - 1/2 cup
Banana - 1/2 large
Skimmed milk - 1 cup
Plain low-fat yogurt - 1 cup
(Remark: 1 cup = 240 ml)

烹調方法

- 將所有材料放入攪伴器內，打至幼滑後即可傾入杯中飲用。

Preparation Method

- Place all ingredients in blender. Blend until smooth and serve in glasses.



營養師提示 Smart Tips

- 鮮奶和乳酪提供豐富鈣質，但應選用低脂或脫脂產品，以免令奶昔變得高脂高熱量。
- 水果可隨意配搭，但建議選擇含豐富維他命 C 的水果，如芒果、士多啤梨和奇異果等，以協助鈣質的吸收。
- Milk and yogurt make good supplies of calcium, but they should be low-fat or non-fat to avoid turning the milkshake into a high-fat and calorie-dense one.
- You can choose any fruit you like for this milkshake but fruits rich in vitamin C are recommended to aid calcium absorption. Examples include mangoes, strawberries and kiwifruits.

木瓜香蕉奶昔

Papaya and Banana Milkshake



子蘿雞柳 Stir-fried Chicken Fillets with Pineapple and Young Ginger

(約3至5人份)
(Serves about 3 to 5 persons)

材料

新鮮菠蘿 (大型) 1/2 個
子薑10片 去皮雞柳 6 兩
薑 2 片 青紅椒少量 (切粗粒)

醃料

紹酒 2 茶匙 生抽 1 茶匙
生粉 2 茶匙

調味料

米醋 1 茶匙 砂糖 1 茶匙
生粉 1 茶匙 清水 2 湯匙

烹調方法

- 雞柳洗淨，切片，下醃料拌勻。
- 菠蘿切細塊，放入清水加少量鹽浸半小時，瀝乾水份，待用。
- 燒熱鑊，下少量油及薑片，再下雞柳炒至八成熟。
- 加入菠蘿、子薑、青紅椒炒片刻，下調味料炒勻即可。



Ingredients

Fresh pineapple - 1/2 large
Young ginger - 10 slices
Chicken fillets (without skin) - 220 grams
Green and red bell peppers - small amount, chopped
Ginger - 2 slices

Marinade

Shaoxing wine - 2 tsp
Light soy sauce - 1 tsp
Corn flour - 2 tsp

Seasoning

Rice vinegar - 1 tsp
Sugar - 1 tsp
Corn flour - 1 tsp
Water - 2 tbsp

Preparation Method

- Wash chicken fillets. Slice and marinate.
- Dice pineapple and soak in water with dash of salt for 30 minutes. Drain and set aside.
- Heat wok. Stir-fry ginger in small amount of oil. Add chicken fillets and stir-fry till almost done.
- Add pineapple, young ginger, green and red bell peppers. Stir-fry for a while. Add seasoning and stir well to serve.

子蘿雞柳

Stir-fried Chicken Fillets
with Pineapple and Young Ginger



營養師提示 Smart Tips

- 避免選用罐頭糖水菠蘿，以免攝取過量糖份。
- 注意應採用去皮雞柳，因為去皮雞柳所含的脂肪比連皮雞柳少六至七倍。
- Avoid using pineapples canned in syrup in order to avoid excessive intake of sugar.
- It is important to note that chicken fillets without skin are recommended as they contain 6 to 7 times less fat than chicken fillets with skin.

雜果沙律 Mixed Fruit Salad

(約 6 至 8 人份)
(Serves about 6 to 8 persons)



材料

新鮮士多啤梨 2 杯 (約 25 粒中型大小)
香蕉 (大型) 2 隻
奇異果 (中型) 4 個
橙 (中型) 1 個 (作沙律汁用)
檸檬 (小型) 1/2 個 (作沙律汁用)

調味料

蜜糖少量

烹調方法

- 先將橙及檸檬榨汁備用。
- 將士多啤梨洗淨，去蒂並一開為二，香蕉切成厚片，奇異果去皮，分成四份。
- 將檸檬汁、橙汁、一杯士多啤梨和少量蜜糖用攪拌機打至幼滑成沙律汁。
- 將餘下的士多啤梨、香蕉及奇異果置於沙律盤內，再淋上沙律汁即成。如非即時進食，應將沙律置於雪櫃內待用。

Ingredients

Fresh strawberries - 2 cups (about 25 medium-sized)
Bananas - 2 large
Kiwifruits - 4 medium
Orange - 1 medium (for dressing)
Lemon - 1/2 small (for dressing)

Seasoning

Honey - small amount

Preparation Method

- Squeeze orange and lemon juices.
- Wash, tail and halve strawberries. Cut bananas into thick slices. Peel and quarter kiwifruits.
- Put orange and lemon juices, half of strawberries and small amount of honey into blender. Blend until smooth as salad dressing.
- Stack remaining strawberries, banana slices and kiwifruits in salad bowl. Add salad dressing. Refrigerate if not serving right away.



營養師提示 Smart Tips

- 以鮮果汁代替一般沙律醬，不但能為沙律增添更多鮮味，更有助減少脂肪和熱量的攝取。
- 對蜜糖敏感的人士，可以在製沙律汁時以半杯提子肉(去皮去核)來代替部份士多啤梨，以此取代蜜糖。
- Using fresh fruit juices instead of regular salad dressing can enhance the fresh taste of fruits and reduce consumption of fat and calories.
- For people who are allergic to honey, part of the strawberries used in the salad dressing can be replaced with half cup of grapes (without seeds and skins). In this way, honey is not necessary in this recipe.



雜果沙律

Mixed Fruit Salad

奇異火龍炒牛柳 Stir-fried Beef with Kiwifruits and Dragon Fruit

(約3至5人份)
(Serves about 3 to 5 persons)

材料

奇異果(中型)2個 火龍果(大型)1個
厚切牛柳2片 蒜肉3粒(切碎)

醃料

日本清酒2茶匙 生抽1茶匙
生粉2茶匙 黑椒碎少量

調味料

豉油1茶匙 糖1/2茶匙

烹調方法

- 牛柳洗淨用廚房紙抹乾，切粗粒，下醃料拌勻，置半小時備用。
- 奇異果及火龍果去皮洗淨，切粗粒。
- 燒熱鑊下少量油及蒜蓉，將牛柳粒煎至一面微黃色，翻轉另一面煎至將熟，加入調味料、奇異果及火龍果炒勻即成。



Ingredients

Kiwifruits - 2 medium
Dragon fruit - 1 large
Beef fillets - 2 slices
Garlic - 3 cloves, chopped

Marinade

Japanese sake - 2 tsp
Light soy sauce - 1 tsp
Corn flour - 2 tsp
Ground black pepper - small amount

Seasoning

Soy sauce - 1 tsp
Sugar - 1/2 tsp

Preparation Method

- Wash beef fillets and wipe off water with kitchen towel. Cut into big cubes and mix with marinade. Leave for half hour.
- Peel kiwifruits and dragon fruit. Rinse and cut into big cubes.
- Heat wok. Add small amount of oil. Fry garlic and beef cubes until one side of cubes turns golden brown. Fry the other side until almost done. Then mix in seasoning and fruit cubes. Stir-fry briefly and serve hot.



營養師提示 Smart Tips

- 牛柳提供大量鐵質，奇異果則含豐富維他命C，有助人體吸收鐵質。
- 糖尿病患者可以青椒或西蘭花等含豐富維他命C的蔬菜代替水果，減少菜式中的糖份含量。
- Beef is a good source of iron and kiwifruit is rich in vitamin C which helps our body absorb iron.
- People with diabetes can replace kiwifruits and dragon fruit with vegetables rich in vitamin C such as green bell peppers or broccoli to cut down sugar content.