



Serves: 4

Double Grain Fish Porridge

Ingredients

- 100g white rice, pre-cooked the night before
- 100g red rice*, pre-cooked the night before
- 250ml chicken stock* or Dashi
- 80g sliced pomfret
- 60g Emperor sprouts/ any other leafy vegetables
- 10g ginger, thinly sliced
- sesame oil as needed
- soy sauce* as needed
- spring onions as needed

Method

1. Bring the chicken stock or Dashi to a boil.
2. Add in both the white and red rice to the stock.
3. Season the pomfret with sesame oil and soy sauce.
4. Place the pomfret and vegetables into the stock and bring to a boil. Boil for 1 minute.
5. Season the porridge with soy sauce to your taste
6. Spoon the porridge into a bowl and garnish with ginger, spring onions, and a drizzle of sesame oil.

**Choose products with the Healthier Choice Symbol.*



4人份

双稻鲜鱼粥

材料

- 100 克 隔夜白米饭
- 100 克 隔夜红米饭*
- 250 毫升 鸡汤* 或 Dashi日式鱼汤
- 80 克 鲷鱼片
- 60 克 帝皇苗或其它绿叶蔬菜
- 10 克 生姜，切丝
- 麻油适量
- 酱青适量*
- 青葱适量

*选购贴上“较健康选择”标签的食材。

做法

1. 将鸡汤或鱼汤煮开。
2. 倒入白米饭和红米饭。
3. 把鲷鱼片用麻油和酱青稍微腌一下。
4. 将鲷鱼片和蔬菜倒入汤中再煮开，让汤烧滚 1 分钟。
5. 按您的口味加入酱青调味。
6. 把鱼粥舀进碗里，最后撒入姜丝、少许麻油和青葱。