



Serves: 2

Healthy Golden Noodle Soup

Ingredients

- 200g deseeded pumpkin
- 1000ml vegetable stock*
- 50g cashew nuts (soaked for 2 hours, and drained dry)
- 2 packs instant noodles*
- 4 stalks parsley (sliced into small pieces)

Seasoning:

- 1 tbsp. sunflower seed oil*
- 2 tsp. salt
- pinch of black pepper

Salmon (mix well):

- 1 can salmon in water*
- 1 tbsp. sunflower seed oil*
- pinch of salt
- pinch of black pepper

*Choose products with the Healthier Choice Symbol.

Method

1. Slice the pumpkin into small pieces and stir fry it with oil, black pepper and salt till soft.
2. Add to (1), vegetable stock and cashew nuts, and bring to a boil. Turn to low heat to boil for 3 mins.
3. Boil another pot of water. Blanch instant noodles till cooked. Drain and dish out into a bowl.
4. Blend the pumpkin soup to obtain a smooth soup base and pour atop the instant noodles.
5. Top it with salmon and sprinkle some parsley to serve.



2人份

养生黄金面汤

材料

- 200 克 去籽南瓜
- 1000 毫升 蔬果高汤*
- 50 克 腰果（浸泡2小时，隔干）
- 2 包 快熟面*
- 4 棵 茺茜（切段）

调味:

- 1 汤匙 葵花籽油*
- 1 茶匙 盐
- 少许 黑胡椒粉

三文鱼（拌匀）:

- 1 罐 水煮三文鱼*
- 1 汤匙 葵花籽油*
- 少许 黑胡椒粉
- 少许 盐

*选购贴上“较健康选择”标签的食材。

做法

1. 金瓜切片，放入汤锅中，加入油，黑胡椒粉和盐炒软。
2. 加入蔬果高汤，腰果煮至滚，转小火续煮约3分钟，熄火。
3. 另煮一锅开水，将快熟面烫熟，隔水，捞至汤碗中。
4. 将煮熟的南瓜汤放入调理机打成泥，再倒入快熟面中。
5. 放入三文鱼肉，用茺茜装饰。