

POON CHOI



6 servings



Prep: 20 mins



Cook: 60 mins



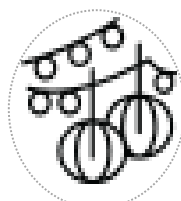
INGREDIENTS

- 150 g chicken thigh, boneless, sliced into 1"
- 20 g chinese mushroom, dried, soaked
- 150 g egg tofu, sliced into 1"
- 8 pieces abalone, small, canned
- 150 g razor clams, canned
- 120 g sea cucumber, fresh, sliced into 1"
- 6 medium prawns, deshelled, deveined
- 1 medium carrot, cut into ½"
- 1.6 kg cabbage, cut into 4"
- 250 g broccoli, cut into florets

METHODS

1. Marinate the chicken with ½ tsp cornstarch, ½ tsp sesame oil, 1 tsp light soy sauce and 1 tsp of white pepper. Mix well and marinate for 30mins.
2. Season the mushrooms with 1 tsp sesame oil, 1 tsp light soy sauce and ½ tsp sugar. Mix well and marinate for 30 mins.
3. Air fry the egg tofu at 200 degrees for 15 mins.
4. Strain the abalone and razor clams into a bowl, keeping the liquid in a separate bowl.
5. In a heated pan, add 1 tsp olive oil, 3 slices of ginger, sea cucumber and stir fry to for 4 mins and set aside.
6. In the same pan, add 1 tsp of olive oil and pan fry the marinated chicken until lightly golden brown. Set aside.
7. In the same pan, pan fry the prawns for about 30 seconds each side and set aside.
8. In the same pan, pan fry the remaining ginger, garlic and marinated mushroom.

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FESTIVE
DISHERS



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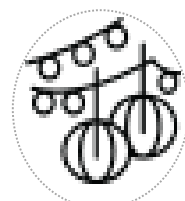
INGREDIENTS

- 3½ tsp corn starch
- 1½ tsp sesame oil
- 2 tsp light soya sauce, lower in sodium
- 1 tsp white pepper
- ½ tsp sugar, white
- 2 tsp olive oil
- 12 g ginger, sliced into 1 cm
- 3 garlic cloves, chopped
- 2 tbsp abalone sauce, lower in sodium
- ½ tbsp dark soy sauce, lower in sodium

METHODS

9. Add in the brine from abalone & razor clams, abalone sauce and dark soy sauce with 1 litre of water and bring to a boil.
10. Add in sea cucumber, carrots, egg tofu and braise for 15 min. Remove the ingredients and leave the broth in the pan.
11. Slowly add cornstarch solution until the broth reaches a thick consistency or as desired.
12. Start assembling the dish, lay some cabbage at the bottom of a clay pot.
13. Arrange the rest of the ingredients to fill the top layer.
14. Pour the thickened broth over the ingredients in the clay pot and bring it to a boil.
15. Serve hot and enjoy!

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FESTIVE
DISHES

Nutrition Information (per serving)

Energy 195kcal, Carbohydrate 9.8g, Protein 23.9g, Fats 5.3g, Saturated Fats 1.2g, Polyunsaturated Fats >0.9g, Monounsaturated Fats >2.1g, Cholesterol >92mg, Dietary Fibre >5.8g, Sodium >675mg, Potassium >1051mg, Phosphate >244mg



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