

Traditional “Poon Choi” dishes use high-fat ingredients such as pig skin and pork belly, which can adversely affect heart health. This healthier version features ingredients lower in fat (such as seafood and fish) and a variety of vegetables and fungi, making it a unique high-fibre and low-fat dish.



# Healthy “Poon Choi”

## Nutrient Analysis : (Per serving)

Energy (kcal)	88
Carbohydrate (g)	11
Protein (g)	27
Fat (g)	5
Dietary fibre (g)	10.5
Sodium (mg)	347



## Ingredients : (Serves 4)

1. Dried shitake mushrooms	4 pc. (approx. 8 g)
2. Minced dace (unseasoned)	4 taels (160 g)
3. Spring onion, chopped	1 tsp
4. Coriander, chopped	1 tsp
5. White radish	8 taels (320 g)
6. Broccoli	1 stalk (approx. 140 g)
7. Shrimps, frozen	4 taels (160 g)
8. Spring onion, sectioned	1 stalk
9. Ginger	2 slices
10. Firm tofu	1 pc. (approx. 324g)
11. Chinese yellow cabbage	8 taels (320g)
12. Stock, homemade	600ml

### Ingredients: (For homemade stock)

1. Dried flat fish	1 pc. (approx. 20g flesh)
2. Soybean sprouts	4 taels (160g)
3. Water	6 cups

### Marinade: (For shiitake mushrooms)

1. Dark soy sauce	¼ tsp
2. Oyster sauce	1 tsp

### Marinade: (For minced dace)

1. Salt	¼ tsp
2. Cornstarch	2 tsp



## Method :

Homemade stock:

1. Break the dried flatfish into smaller pieces and roast it in a pan without oil. Set aside.
2. Rinse soybean sprouts. Wash the white radish, peel and cut into pieces. Set aside.
3. Add water, dried flatfish and soybean sprouts into a pot. Turn on high heat, bring to a boil. Add the white radish, simmer on low heat for 90 minutes. Let the stock cool down, drain it by using a filter. Reserve the stock and white radish. Set aside.

Big Bowl Feast:

1. Soak the shitake mushrooms until soft, remove the stem. Take out the mushroom, mix well with the marinade. Add the mushroom water, mushrooms and appropriate amount of water to a pot, simmer on medium heat for 20 minutes. Set aside.
2. Wash firm tofu, broccoli and Chinese yellow cabbage, cut into pieces. Thaw frozen shrimps and devein. Set aside.
3. Mix chopped spring onion, coriander, minced dace and dace marinade in clockwise direction until a paste is formed. Divide into 8 portions and shape into balls. Set aside.
4. Add water, spring onion sections and ginger slices to a pot, bring to a boil. Blanch the broccoli and shrimps. Set aside. Cook through the dace balls in the pot. Set aside.
5. Put white radish and Chinese yellow cabbage at the bottom of the serving pot. Then, place the mushrooms and dace balls in the middle, and cover with broccoli, firm tofu and shrimps on the top.
6. Add in 600ml homemade stock (or until the pot is half-full). Cook until all ingredients are cooked through and serve.

## Nutrition / Preparation Tips :

- ✓ Replace pig skin and belly in traditional “Poon Choi” with shrimps, dace and tofu to reduce saturated fat intake.
- ✓ Use homemade stock to reduce high-sodium condiment used.
- ✓ Replace tofu and dace with abalone and scallops for a more festive version of this healthy dish.
- ✓ If cooked food are not eaten immediately, keep them piping hot (above 60°C) prior to serving. Leftovers should not be stored in the refrigerator for longer than 3 days and should not be reheated more than once. Reheat leftovers thoroughly until it is steaming hot before consumption.

## Notes for Special Diets:

- ✓ Low-purine Diet: Shrimp, tofu and dace should be consumed in moderation and counted towards total daily servings of “Meat, fish, egg and alternatives” group. Avoid excessive intake.

