

This soup uses watercress, a seasonal vegetable of the winter. Adding monkfruit and carrots as ingredients can enhance the sweetness of the soup. Eating the ingredients while drinking the soup can help to increase intake of dietary fibre. Replacing pork bones with lean pork in the soup can help reduce its fat content.



Watercress, Carrots, Monkfruit and Lean Pork Soup

Nutrient Analysis : (Per serving, including soup ingredients)

Energy (kcal)	161
Carbohydrate (g)	6
Protein (g)	20
Fat (g)	7
Dietary fibre (g)	2.0
Sodium (mg)	274



Ingredients : (Serves 4)

1. Watercress	1 catty (640 g)
2. Carrot	6 taels (240 g)
3. Monkfruit	½ pc. (approx. 12 g)
4. Lean pork	½ catty (320 g)
5. Ginger	2-3 pc.
6. Water	6 bowls
7. Salt	¼ tsp

Method :

1. Remove the roots of the watercress and soak in salted water for 45 minutes. Rinse in running water and section the watercress. Set aside.
2. Rinse, peel and cut the carrots into chunks. Set aside.
3. Rinse and cut the monkfruit into small pieces. Set aside.
4. Rinse and blanch the pork. Set aside.
5. Fill the cooking pot with water and sliced ginger and bring to a boil over high heat. Add the remaining ingredients and bring to a boil.
6. Set to medium heat to simmer for 1 ½ hours. Season with salt to finish.

Nutrition/Preparation Tips :

- ✓ Watercress is a seasonal vegetable of the winter. However, as there are often slugs hidden in it, it is advised to soak the vegetable in salted water, and to rinse and cook thoroughly before consumption.
- ✓ Lean pork is rich in protein, cooking it in soup can help soften the pork to make it easier for the elderly to chew. Besides lean pork, pork shin can also be used.

Notes for Special Diets:

- ✓ Diabetic Diet: Carrots are rich in carbohydrates; it is recommended to drink no more than 1 bowl of soup per meal. If the ingredients are consumed, exchange one serving for ½ tablespoon of rice (½ carbohydrate exchange).

