

Carrot and lotus root are seasonal vegetables for autumn, and can be braised with lean pork to create this dish. The dish provides ample protein and iron, suitable for providing nutrition to elderly, while also being low in fat.



Braised Pork with Carrot and Lotus Root

Nutrition Analysis: (Per Serving)

Energy (kcal)	217
Carbohydrate (g)	19
Protein (g)	19
Fat (g)	7
Dietary fibre (g)	4.5
Sodium (mg)	400



Ingredients : (Serves 4)

1. Lean pork 1/2 catty (320g)
2. Lotus root 6 taels (240g)
3. Carrot 6 taels (240g)
4. Onion, medium 1 pc. (approx. 130g)
5. Water 2 cups
6. Vegetable oil 2 tsp

Marinade:

1. Japanese soy sauce 2 tsp
2. Sesame oil 1/2 tsp

Seasoning:

1. Japanese soy sauce 2 tsp
2. Mirin 1 tbsp

Method:

1. Rinse and cut the lean pork into chunks. Mix with the marinade for 15 minutes.
2. Peel and wash the lotus roots. Slice into 1cm thick pieces. Soak in water for later use.
3. Peel, wash the carrots and slice into pieces. Peel, wash and shred the onion.
4. Stir-fry the onion with the vegetable oil until softened. Add in the carrots and lotus roots and stir-fry slightly.
5. Add in the pork and seasoning, and add water until covering 70-80% of ingredients. Stir slightly.
6. Bring to a boil over medium heat and then turn to low heat. Cover with the lid and simmer for 30 minutes or until the meat is soft.

Nutrition/Preparation Tips:

- ✓ Carrot and lotus root are the seasonal vegetables for autumn. Lotus root is a source of potassium, iron, carbohydrates and dietary fibre. Carrot is a source of beta-carotene, carbohydrates and dietary fibre. Both vegetables are nutritious.
- ✓ Carrot and lotus root will become soft from braising, making these vegetables suitable for elderly consumption.
- ✓ Soaking sliced lotus roots in water can prevent them from being oxidized/darkened.
- ✓ Japanese soy sauce can be substituted with light soy sauce.

Notes for Special Diets:

- ✓ Diabetic Diet: Carrot and lotus root are rich in carbohydrates. Exchange one serving of carrot and lotus root for 1 1/2 tablespoon of rice (1 1/2 carbohydrate exchange). The seasoning mirin has a high sugar content, consider replacement with 1/2 teaspoon of sugar.
- ✓ Low-Salt Diet: Halve the amount of Japanese soy sauce used in the marinade and seasoning.

