

This winter dish is made with white radish which is in season, beef shank which is low in fat, and carrot which enriches the colour of the dish. Natural spices are used to elevate the flavour of the dish whilst not increasing salt content.



# Braised Beef Shank with Carrot and White Radish

## Nutrient Analysis : (Per serving)

Energy (kcal)	157
Carbohydrates (g)	5
Protein (g)	22
Fats (g)	6
Dietary fibre (g)	1.8
Sodium (mg)	537



## Ingredients : (Serves 4)

1. Beef shank	10 taels (400g)
2. Spring onion (Segmented)	2 pc.
3. Ginger	8 slices
4. Bay leaf	3 pc.
5. Star anise	2 pc.
6. White radish	8 taels (320g)
7. Carrot	3 taels (120g)
8. Water	6 cups
9. Vegetable oil	2 tsp

### Seasoning:

1. Salt	¾ tsp
2. White pepper	a pinch

## Method :

1. Wash and peel the white radish and carrot, cut them into pieces and set aside.
2. Wash the beef shank and set aside.
3. Add water to the pot, add 4 slices of ginger and spring onion and bring to a boil, blanch the beef shank for 5 minutes, cut into chunks and then set aside.
4. Heat 2 teaspoons of oil in a saucepan and add the remaining sliced ginger, stir-fry the beef shank, and add an appropriate amount of water until the beef is covered.
5. Add the bay leaves and star anise, bring to a boil, then cover with lid and simmer over low heat for about 1 hour.
6. Add in white radish and carrot, mix well, then cover and simmer for about 30 minutes. Finally, add the seasoning and bring to a boil.

## Nutrition/Preparation Tips :

- ✓ White radish is a winter vegetable. It contains many nutrients such as vitamin C, dietary fibre, potassium and magnesium.
- ✓ Replacing beef brisket with beef shank can greatly reduce saturated fat intake. Beef is a good source of protein and iron.
- ✓ Using natural seasonings such as star anise and bay leaf can help to reduce the use of other condiments that are high in sodium or sugar.

## Notes for Special Diets:

- ✓ Diabetic Diet: Exchange 1 serving with ½ tablespoon of rice (½ carbohydrate exchange).
- ✓ Low-salt Diet: Use less than ½ teaspoon of salt for seasoning.

