

Many people prefer vegetarian dishes on the first day of the Chinese New Year. When cooking vegetarian dishes, non-fried soy products and nuts that are rich in protein can be used to make diet more healthy and nutritious.



Love and Joyful Festive Season (Sweet and sour vegetarian abalone)

Nutrient Analysis: (Per serving)

Energy (kcal)	250
Carbohydrate (g)	28
Protein (g)	23
Fat (g)	6
Dietary fibre (g)	2.1
Sodium (mg)	241

Ingredients: (Serves 4)

1. Fresh wheat gluten 9 taels (360g)
2. Green pepper (medium) ½ pc. (approx. 60g)
3. Yellow pepper (medium) ½ pc. (approx. 60g)
4. Tomato 2 pc. (approx. 250g)
5. Cashew nuts 1oz (30g)
6. Vegetable oil 2 tsp

Sweet and sour sauce:

1. Salt ¼ tsp
2. Sugar 2½ tbsp
3. White vinegar 2 tbsp
4. Ketchup 2 tbsp
5. Water 1 cup (240ml)

Thickening:

1. Cornstarch 1½ tsp
2. Water 6 tbsp



Method:

1. Blanch and slice the gluten.
2. Rinse, core and cut the green pepper, yellow pepper and tomato into pieces.
3. Rinse and toast the cashew nuts in an oven until golden or roast them in a non-stick pan with no oil added.
4. Heat oil in a non-stick pan to stir fry the tomato, yellow and green peppers. Add in the sweet and sour sauce and bring to boil. Put in the gluten and stir fry thoroughly. Cover and simmer over a low heat for 15 minutes or until the desired consistency is reached. Stir in the thickening. Put in the cashew nuts at last.

Nutrition / Preparation Tips:

- ✓ Gluten is rich in protein and carbohydrate and can be used to substitute for meat. Choose low-fat fresh wheat gluten which has not been deep-fried.
- ✓ Green pepper, yellow pepper and tomato are rich in vitamin C and dietary fibre. They are also colourful and appetizing.

Notes for Special Diets:

- ✓ Diabetic Diet: Use artificial sweetener and lemon juice to replace sugar and ketchup, and reduce vinegar to 1 tablespoon in the sweet and sour sauce. Artificial sweetener will lose its sweet taste under high heat and should be added in after cooking. Exchange 1 tbsp of rice (1 serving of carbohydrates) for each serving of the wheat gluten.

