

Chinese chive is a seasonal vegetable for spring. Chinese chives, goji berries and eggs are used together to make this simple and nutritious soup.



Chinese Chive, Goji Berry and Egg Drop Soup

Nutrient Analysis: (Per serving)

Energy (kcal)	94
Carbohydrate (g)	8
Protein (g)	5
Fat (g)	5
Dietary fibre (g)	2
Sodium (mg)	230



Ingredients: (Serves 4)

- | | |
|-----------------------|---------------|
| 1. Chinese chives | 2 taels (80g) |
| 2. Eggs | 2 |
| 3. Dried goji berries | 1 tael (40g) |
| 4. Water | 6 bowls |

Seasoning:

- | | |
|-----------------|-------|
| 1. Salt | ¼ tsp |
| 2. Sesame oil | 2 tsp |
| 3. White pepper | trace |

Method:

1. Rinse the goji berries and soak them in water for later use.
2. Rinse the Chinese chives and cut into 3 cm pieces.
3. Beat the eggs in a big bowl.
4. Boil the water in a saucepan and add in the chives. When water starts to boil again, turn down the heat and stir in the beaten eggs slowly.
5. After the strands of cooked egg take shape, add in goji berries, salt, sesame oil and pepper as seasoning. Mix thoroughly before serving.

Nutrition / Preparation Tips:

- ✓ Soak the goji berries in water before cooking to soften its texture. Add goji berries to the soup 3 minutes before turning off the heat, to avoid overcooking them.

Notes for Special Diets:

- ✓ Diabetic Diet: Exchange 1 serving of goji berries in the soup for ½ tablespoon of rice (½ carbohydrate exchange).

