

This casserole contains seasonal vegetables in spring. It also includes shrimp, which is refreshing and low in fat. It is a healthy dish, with high fibre and low fat content.



# Shrimp and Mixed Spring Vegetables Casserole

## Nutrient Analysis: (Per serving)

Energy (kcal)	60
Carbohydrate (g)	3
Protein (g)	6
Fat (g)	2.7
Dietary fibre (g)	1.4
Sodium (mg)	471



## Ingredients: (Serves 4)

1. Chinese celery	2 taels (80g)
2. Chinese cabbage	2 taels (80g)
3. Fresh mushroom	4 pc. (approx. 76g)
4. Asparagus	2 pc. (approx. 72g)
5. Chinese lettuce	2 taels (80g)
6. Frozen shrimp, medium	2 taels (80g)
7. Ginger	3 slices
8. Vegetable oil	2 tsp
9. Water	3 bowls

### Seasoning:

1. Salt	$\frac{3}{4}$ tsp
2. White pepper	$\frac{1}{4}$ tsp

## Method:

1. Leave frozen shrimp in the refrigerator in advance to thaw, dry with kitchen paper and set aside.
2. Wash the Chinese celery and asparagus and cut into short sections. Wash the Chinese cabbage, fresh mushrooms, and Chinese lettuce and set aside.
3. Bring a pot of water to boil, and add Chinese celery, fresh mushrooms, oil and ginger slices. Cook over high heat for about 5 minutes until the vegetables begin to soften.
4. Add the shrimp and cook for 2 minutes, then add the asparagus and Chinese lettuce and cook for another 1-2 minutes. Finally, add the seasoning to serve.

## Nutrition / Preparation Tips:

- ✓ Chinese celery, asparagus, Chinese cabbage and Chinese lettuce are seasonal vegetables in spring and are rich in dietary fiber.
- ✓ If the listed vegetables are not available, other leafy greens could be used instead.

## Notes for Special Diets:

- ✓ Low-salt diet: Reduce the amount of salt to  $\frac{1}{4}$  teaspoon.

