The tomato is a vegetable harvested in spring. It is rich in dietary fibre. Combine tomatoes with easy-to-chew ingredients like minced pork and dried tofu to create a dish suitable for the elderly. The sweet and sour tomatoes can help stimulate your appetite during the humid spring weather.

Tomatoes with Dried Tofu and Minced Pork

Nutrient Analysis: (Per serving)

Energy (kcal)	230
Carbohydrate (g)	13
Protein (g)	25
Fat (g)	9
Dietary fibre (g)	2
Sodium (mg)	665

Ingredients: (Serves 4)

1. Tomatoes, small	4 pc. (approx. 444g)
2. Minced lean pork	5 taels (200g)
3. Dried white tofu	1 pc. (approx. 200g)
4. Water	2 cups
5. Corn oil	1 tbsp
6. Garlic	2 cloves

Marinade (For Pork):

1. Salt	½ tsp
2. White sugar	½ tsp
3. White pepper	a pinch

Seasoning:

1. Salt	½ tsp
2. White sugar	2 tsp

Thickening:

1. Cornstarch	1 tsp
2. Water	½ cup

Method:

1. Rinse the minced pork and mix well with marinade.
2. Rinse and cut the tomatoes into wedges.
3. Rinse and shred the dried white tofu. Peel and mince the garlic.
4. Heat ½ tbsp oil in a non-stick pan. Fry the minced pork until cooked. Set aside.
5. Fry the garlic, tomatoes and dried white tofu with ½ tbsp oil. Stir well. Add water and bring to a boil. Switch to low heat, cover and simmer for 5 minutes.
6. When the tomatoes soften, add minced pork and seasoning. Stir well. Then stir in the thickening mixture and bring to a boil.

Nutrition / Preparation Tips:

✓ There are different kinds of dried tofu available on the market, including Puning dried tofu, Fujian dried tofu and five spices dried tofu. Dried tofu is rich in protein and can replace some of the meat in a balanced diet.

Notes for Special Diets:

✓ Diabetic Diet: Use artificial sweeteners to replace sugar in the seasoning. Add the sweetener after the heat is turned off, as some of its sweetness may be lost under high heat.