

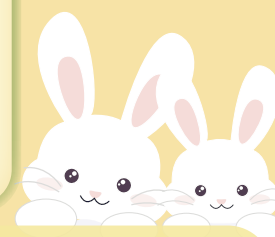
Mid-Autumn Festive Dishes feature the theme of “family reunion”, with seasonal vegetables to enhance the festive atmosphere. This recipe contains two seasonal vegetables and soy milk to make it nutritious and delicious.



Braised Chicken with Taro and Pumpkin

Nutrition Analysis: (Per Serving)

Energy (kcal)	198
Carbohydrate (g)	14
Protein (g)	18
Fat (g)	8
Dietary fibre (g)	1.6
Sodium (mg)	300



Ingredients : (Serves 4)

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|---------------------------------------|-----------------|
| 1. Boneless chicken thighs (skinless) | 8 taels (320 g) |
| 2. Taro | 4 taels (160 g) |
| 3. Pumpkin | 4 taels (160 g) |
| 4. Unsweetened soy milk | 200 ml |
| 5. Ginger | 2 slices |
| 6. Garlic (minced) | 2 cloves |
| 7. Vegetable oil | 1 tbsp |

Marinade (for chicken thigh):

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|--------------------|-------|
| 1. Light soy sauce | 1 tsp |
| 2. Sugar | ½ tsp |
| 3. Cornstarch | 1 tsp |

Seasoning:

- | | |
|---------|-------|
| 1. Salt | ¼ tsp |
|---------|-------|

Method:

1. Cut the chicken thighs into pieces. Mix well with the marinade for about 30 minutes.
2. Rinse and peel the taro. Cut into chunks and steam for 10 minutes. Set aside.
3. Rinse and peel the pumpkin. Cut into chunks.
4. Heat oil in a non-stick pan and fry the ginger and garlic. Then stir-fry the chicken.
5. Add the taro, pumpkin and soy milk. Cover with a lid and braise at low heat until the taro and pumpkin chunks become tender.
6. Add in the seasoning and stir-fry well.

Nutrition / Preparation Tips:

- ✓ Coconut milk is high in saturated fat. Replacing it with unsweetened soy milk can help reduce intake of saturated fat.
- ✓ Pumpkin and garlic enhance flavour and help reduce the use of seasoning which is high in sugar or salt.

Notes for Special Diets:

- ✓ Diabetic Diet: Exchange 1 tbsp of rice (1 serving of carbohydrates) for each serving of taro and pumpkin of this dish.
- ✓ Low-Purine Diet: Replace unsweetened soy milk with low-fat milk.



Department of Health

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