

帶飯一族必學的

滋味便當

Must-try Meals for Lunch Bringers

三文魚 牛蒡舞茸藜麥丼

Salmon Rice with Burdock Root, Maitake Mushrooms and Quinoa

材料：2人份量

三文魚-----240克
昆布-----1塊
舞茸(乾)---4 棵
牛蒡-----半條
紅藜麥----- $\frac{1}{4}$ 杯
白藜麥----- $\frac{1}{4}$ 杯
白米----- $\frac{1}{2}$ 杯
芝麻-----少許
茺荳碎-----少許

調味料：

鹽----- $\frac{1}{2}$ 茶匙
豉油-----1 茶匙
黑胡椒-----少許
料理酒-----1 茶匙
橄欖油-----1 茶匙
麻油-----1 茶匙
水-----300毫升

Ingredients: To Serve 2

Salmon-----240 gram
Kombu-----1 piece
Dried Maitake Mushroom-----4 pieces
Burdock Root----- $\frac{1}{2}$ piece
Red Quinoa ----- $\frac{1}{4}$ cup
White Quinoa ----- $\frac{1}{4}$ cup
Rice----- $\frac{1}{2}$ cup
Sesame-----Some
Chopped Fresh Coriander-----Some

Seasonings:

Salt ----- $\frac{1}{2}$ tsp
Soya Sauce-----1 tsp
Ground Black Pepper-----Some
Cooking Wine-----1 tsp
Olive Oil-----1 tsp
Sesame Oil-----1 tsp
Water-----300ml



做法

Method

1



三文魚以黑胡椒和鹽醃約15分鐘，備用。

Marinate the salmon with ground black pepper and salt for around 15 minutes.

2



洗淨昆布，用150ml水浸泡約10分鐘，昆布水備用。

Rinse the kombu and soak it in 150ml water for around 10 minutes. Set the soaking water aside.

3



洗淨舞茸，用150ml水浸泡約10分鐘，然後撕碎，舞茸水備用。

Wash the maitake mushrooms and soak them in 150ml water for around 10 minutes. Then, shred into pieces. Set the soaking water aside.

4



牛蒡去皮洗淨，斜切約2毫米的細絲。

Peel the burdock root. Then, wash it and shred it into slices of around 2mm thick.

5



洗淨藜麥和白米，加入牛蒡絲、舞茸碎、昆布水、舞茸水、料理酒、豉油和麻油放入電飯煲，開啟電飯煲。

Rinse the quinoa and rice. Then, add shredded burdock root, maitake mushrooms, kombu and soaking water, cooking wine, soya sauce and sesame oil into the rice cooker. Turn on the rice cooker and start cooking.

6



於易潔鍋加入橄欖油，以細火將三文魚煎至半熟，備用。

Add olive oil to the pan and pan fry the salmon to half-cooked on a low heat.

7



待藜麥飯完成烹煮前5分鐘，將半熟的三文魚放入電飯煲。

Add the half-cooked salmon into the rice cooker 5 minutes before the quinoa rice is done.

8



藜麥飯烹煮完成後，將昆布和三文魚取出，切碎後放回電飯煲內拌均，灑上少量芝麻和芫荽即成。

Shred the kombu and salmon into small pieces and mix with cooked quinoa rice. Then, serve with some sesame and chopped fresh coriander.

營養資料：

菜式以昆布和舞茸作配菜，大大提升菜式的味道，配以簡單的鹽和豉油調味，已經非常美味。藜麥、牛蒡及舞茸增加膳食纖維的含量，亦令口感更豐富。

Nutrition information:

In this dish, kombu and maitake mushrooms are used to take the flavour of the dish to a next level. Even though it is just seasoned with salt and soya sauce, the dish is very delicious. Quinoa, burdock root and maitake mushrooms increase the dietary fibre and enhance the texture of the dish.

