

帶飯一族必學的

# 滋味便當

Must-try Meals for Lunch Bringers

# 羽衣甘藍

## 素湯餃配秋葵熱拌麵

### Kale Dumplings with Okra and Noodles



#### 材料：2人份量

羽衣甘藍-----60克  
 紅蘿蔔-----1條  
 馬蹄-----4粒  
 冬菇（浸軟）-----4粒  
 木耳絲（浸軟）---2湯匙  
 普寧豆腐-----1件  
 車厘茄-----3粒  
 餃子皮-----12-16塊  
 秋葵-----2條  
 上海麵-----2個  
 蔥花-----適量

#### 調味料：

鹽-----1/3茶匙  
 白胡椒粉-----1茶匙  
 麻油-----1茶匙  
 橄欖油-----2茶匙

#### 醬汁：

減鹽豉油-----4茶匙  
 麻油-----1茶匙  
 鎮江醋-----2茶匙

#### Ingredients: To Serve 2

Kale-----60 gram  
 Carrot-----1 piece  
 Water Chestnut-----4 pieces  
 Dried Mushroom (Soaked)-----4 pieces  
 Black Fungus (Soaked)-----2 tbsp  
 Puning Tofu-----1 piece  
 Cherry Tomato-----3 pieces  
 Dumpling Wrapper-----12-16 pieces  
 Okra-----2 pieces  
 Shanghai Noodles-----2 servings  
 Chopped Green Onion-----Some

#### Seasonings:

Salt-----1/3 tsp  
 Ground White Pepper-----1 tsp  
 Sesame Oil-----1 tsp  
 Olive Oil-----2 tsp

#### Sauce:

Salt-reduced Soya Sauce-----4 tsp  
 Sesame Oil-----1 tsp  
 Chinkiang Vinegar-----2 tsp



# 做法

Method



羽衣甘藍洗淨，放入沸水中煮至軟身，取出浸凍水降溫，搾乾水分，切碎備用。

Rinse the kale and simmer it in boiling water until it is softened. Then, soak the kale in cold water, squeeze water out of it and chop it into pieces.



紅蘿蔔、馬蹄、冬菇、木耳、普寧豆腐洗淨後切幼粒；車厘茄洗淨切半，備用。

Rinse the carrot, water chestnuts, dried mushrooms, black fungus and Puning tofu, and dice them. Then, rinse the cherry tomatoes and cut them into half.



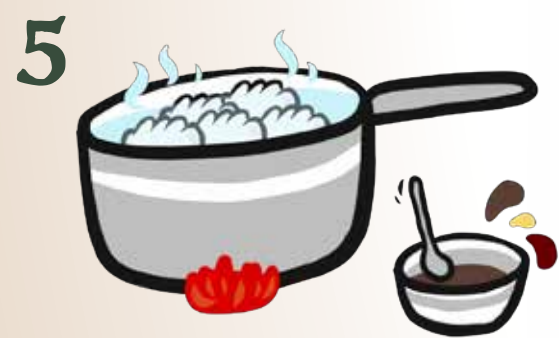
於鑊內加入橄欖油，以中火加熱，加入紅蘿蔔、木耳絲、馬蹄、冬菇、普寧豆腐、羽衣甘藍炒至熟透，加入鹽、白胡椒粉和麻油，炒勻並倒出成餃子餡料，放涼備用。

Pour olive oil to the pan and heat it on a medium heat. Then, stir-fry the pieces of carrot, black fungus, water chestnuts, soaked mushrooms, Puning tofu and kale until done. Add salt, ground white pepper and sesame oil, and mix all the ingredients well. Then, set aside to cool.



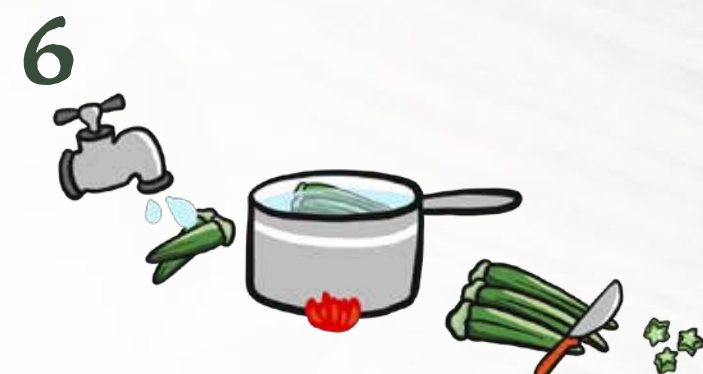
將半湯匙的餡料放在餃子皮中間，餃子皮邊用水沾濕，包成餃子狀。

Place ½ tablespoon of the filling on each dumpling wrapper. Moisten edges with water. Then pinch edges to seal.



以沸水焯熟餃子；醬汁材料攪拌均勻，備用。

Boil the dumplings in boiling water until done. Then, mix the sauce ingredients and set aside.



秋葵洗淨，放入沸水中，煮約1分鐘，盛起並切成星形的薄片，備用。

Rinse the okras, blanch them in boiling water for around 1 minute. Then, drain and cut into star-shaped slices.



上海麵煮熟，盛起放入碗中。

Cook the Shanghai noodles until done. Then, transfer to a bowl.



加入秋葵粒、蔥花、車厘茄粒，伴以羽衣甘藍素湯餃，醬汁另上，即可。

Put okra pieces, chopped green onion, cherry tomatoes onto the noodles. Then, serve with the kale dumplings with sauce on side.

## 營養資料：

餃子餡料以豆腐配以多種蔬菜製作，令我們從豆腐攝取蛋白質和鐵質，且不知不覺間多進食了蔬菜。木耳及冬菇屬乾貨，可儲放於家中以備不時之需。

## Nutrition information:

The filling of the dumplings includes tofu which is a good source of protein and iron. It also includes different kinds of vegetables. Black fungus and dried mushrooms are dried food so they can be stored at home for future use.

