

帶飯一族必學的

滋味便當

Must-try Meals for Lunch Bringers



香橙豬扒 蘆筍紅米飯

Pork Chop Red Rice with Orange and Asparagus

材料：2人份量

橙-----1個
 豬扒-----2塊
 幼蘆筍-----12條
 檸檬（榨汁）-----半個
 紅白米飯（已煮熟）----2碗
 （紅米：白米1：3）

調味料：

鹽-----½茶匙
 豉油-----1茶匙
 生粉水-----少許
 黑胡椒-----少許
 橄欖油-----1湯匙
 水-----30毫升
 蜜糖-----2茶匙
 純橙汁-----100毫升

Ingredients: To Serve 2

Orange-----1
 Pork Chop-----2 pieces
 Thin Asparagus-----12 spears
 Lemon (for Making Juice)-----½
 Red and White Rice (Cooked) --2 bowls
 (Ratio - Red:White - 1:3)

Seasonings:

Salt-----½ tsp
 Soya Sauce-----1 tsp
 Cornstarch Water-----Some
 Ground Black Pepper-----Some
 Olive Oil-----1 tbsp
 Water-----30ml
 Honey-----2 tsp
 Pure Orange Juice-----100ml



做法

Method

1



將橙切成薄片備用。
Cut the orange into thin slices.
Set aside.

2



豬扒以鹽和黑胡椒醃15分鐘。
Marinate the pork chops with salt and ground black pepper for 15 minutes.

3



蘆筍汆水1分鐘，將蘆筍切段(約5厘米長)。
Blanch the asparagus for 1 minute. Chop the asparagus into small pieces (about 5cm long).

4



以大火加熱易潔鑊，加入橄欖油，放入豬扒並煎約3分半鐘至金黃色，轉中火，翻轉煎約1分半鐘。

Heat a pan on a high heat and add olive oil. Then, add the pork chops and pan fry for about 3.5 minutes until they are golden brown. Fry the other side for around 1.5 minutes on a medium heat.

5



加入橙汁、水和豉油，蓋上鑊蓋並煮約2分鐘。
Add orange juice, water and soya sauce. Then, cover the pan with the lid and boil for around 2 minutes.

6



加入蜜糖、蘆筍，再以生粉水埋芡，煮至熟透，盛起。
Add honey and asparagus, and thicken the sauce with cornstarch water. Remove them from heat when they are ready.

7



灑上檸檬汁，放上香橙片，配上紅白米飯即成。
Add a splash of lemon juice and orange slices. Then, serve with red and white rice.

營養資料：

菜式以純橙汁及檸檬調味，可帶出酸甜味道同時減少現成醬汁、鹽和糖的使用分量。於白飯加入紅米飯能增加膳食纖維，降低白飯的升糖指數，減慢碳水化合物的消化和吸收，保持血糖水平平穩。

Nutrition information:

In this dish, pure orange juice and lemon are used. With their natural sour and sweet tastes, less ready-made sauce, salt and sugar are needed.

Red rice is a great source of dietary fibre. Adding red rice to white rice eases the bowel movement and boosts digestion. Since red rice has a lower glycemic index, it helps in controlling the blood glucose level.

