



Healthy Dishes

健康美食

Contents 目录

HEALTHY DISHES RECIPES 健康美食食谱

RECIPE 食谱	PAGE 页
Tomato Vegetable Soup 番茄蔬菜汤	2 - 3
Stir Fry Spinach with Tomatoes 番茄炒菠菜	4 - 5
Bean Curd with Fungus 木耳豆干	6 - 7
Seaweed Soybean Sprout Soup 海带黄豆芽汤	8 - 9
Stir Fry Vegetables 炒蔬菜	10 - 11
Steamed Pumpkin 蒸南瓜	12 - 13
Creamy Mushroom Soup 西式无奶香菇浓汤	14 - 15
Sesame Fungus 凉拌双耳	16 - 17
Broccoli and Cauliflower Stir Fry 花椰百烩	18 - 19
Stir Fry Lotus Root 鲜炒莲藕	20 - 21
Stir Fry Mixed Mushroom 鲜蔬炒菇	22 - 23
Japanese Stew 日式烧	24 - 25

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Tomato Vegetable Soup

番茄蔬菜汤



SERVING SIZE

份量

3 pax 人份



PREPARATION TIME

准备时间

15 mins 分钟



COOKING TIME

烹饪时间

15 mins 分钟

INGREDIENTS 材料

150 g Tomato

150 克番茄

1/2 Onion

1/2 颗洋葱

20 g Cabbage

20 克大白菜

15 g Celery

15 克芹菜

150 g Chinese Tofu

150 克板豆腐

5 Floret Black Fungus

5 朵云耳

500 ml Water

500 毫升水

SEASONINGS 调味料

Lake Salt

湖盐

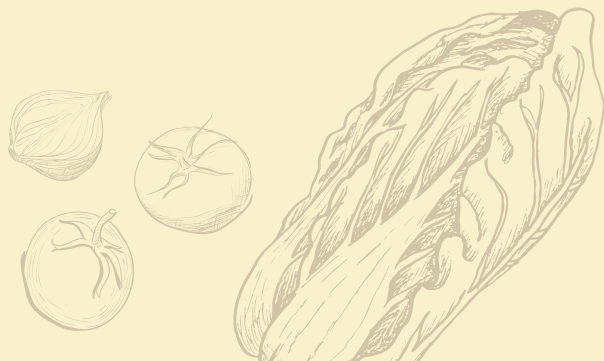
DIRECTIONS 做法

1. Wash, cut the tomato and onion into small pieces. Wash the cabbage and cut it into pieces. Wash the celery and cut it into smaller sections. Wash and cut the tofu into smaller pieces. Soak the black fungus until soften and remove the hard portion and cut into smaller florets.

番茄洗净，切块；洋葱洗净，切片；大白菜洗净，切块；芹菜洗净，切段；板豆腐洗净，切块；云耳洗净浸软然后取出硬蒂，拆小朵。

2. Add all the ingredients into a soup pan and cook until the vegetables are done. Season and serve immediately.

将所有的材料放入汤锅中煮至白菜软，加盐调味即可享用。





Stir Fry Spinach with Tomatoes

番茄炒菠菜



SERVING SIZE

份量

4 pax 人份



PREPARATION TIME

准备时间

10 mins 分钟



COOKING TIME

烹饪时间

10 mins 分钟

INGREDIENTS 材料

300 g Spinach

300 克菠菜

80 g Tomato

80 克番茄

3 Garlic Clove

3 蒜瓣

1 tbsp Olive Oil

1 汤匙橄榄油

SEASONINGS 调味料

$\frac{1}{4}$ tsp Salt

$\frac{1}{4}$ 茶匙盐

DIRECTIONS 做法

1. Wash the spinach and cut it into smaller sections, wash the tomatoes and cut it into smaller wedges. Remove the skin of the garlic and cut into slices.
菠菜洗净切段，番茄洗净切瓣。蒜头去皮切片。
2. Blanch the spinach, drain dry and set aside.
将菠菜放入滚水中氽烫一下，立刻捞出沥干备用。
3. Heat up the pan, add in olive oil, garlic and tomato wedges and stir fry at low temperature.
热锅倒入油，放入蒜片再加入番茄瓣低温炒匀。
4. Add in the spinach and season with salt.
加入菠菜和盐调味炒匀即可享用。





Beancurd with Fungus

木耳豆干



SERVING SIZE

份量

4 pax 人份



PREPARATION TIME

准备时间

20 mins 分钟



COOKING TIME

烹饪时间

10 mins 分钟

INGREDIENTS 材料

75 g Beansprout

75 克豆芽

2 pieces Dried Bean Curd

2 块豆干

50 g Celery

50 克芹菜

75 g Carrot

75 克红萝卜

2 pieces Black Fungus

2 朵黑木耳

Olive Oil

橄榄油

SEASONINGS 调味料

1 tbsp Sesame Oil

1 汤匙麻油

$\frac{1}{4}$ tsp Lake Salt

$\frac{1}{4}$ 茶匙湖盐

1 tbsp Black Vinegar

1 汤匙黑醋

DIRECTIONS 做法

1. Cut the dried bean curd into small slices, cut the celery into smaller sections, slice the carrot, soak the black fungus, remove the hard portion and cut it into smaller pieces.
豆干切片, 芹菜切段, 红萝卜切片, 黑木耳浸软, 切除硬蒂再切块。
2. In a hot pan, add in oil, bean curd slices and cooked until it has turned golden brown and then add in the black fungus, carrot and stir fry for 2 minutes.
锅内放少许的油, 放入豆干略煎至有色, 再加入黑木耳和红萝卜炒2分钟。
3. Add in the seasonings, celery and beansprouts and stir fry until the beansprouts are thoroughly cooked.
加入调味料, 芹菜和豆芽炒至豆芽软。





Seaweed Soybean Sprout Soup

海带黄豆芽汤



SERVING SIZE

份量

4 pax 人份



PREPARATION TIME

准备时间

15 mins 分钟



COOKING TIME

烹饪时间

15 mins 分钟

INGREDIENTS 材料

200 g Soybean Sprouts

200 克黄豆芽

2 tsp Wakame

2 茶匙海带芽

1/3 Red Chilli

1/3 红辣椒

1 tsp Minced Garlic

1 茶匙蒜末

1 tbsp Cold Pressed Sesame Oil

1 汤匙冷压麻油

White Sesame Seeds

(Lightly Toasted)

白芝麻 (炒香)

600 ml Water

600 毫升水

SEASONINGS 调味料

Lake Salt

湖盐

DIRECTIONS 做法

1. Wash the soybean sprouts and drain dry. Wash the red chilli, remove the seeds and cut it into small slices, set aside.
黄豆芽洗净沥干水分, 红辣椒洗净, 去蒂后切斜备用。
2. Wash the wakame, drain and pat dry.
海带芽洗净, 挤干水分备用。
3. In a pan, under low heat setting add in sesame oil, garlic and red chilli, stir fry to bring out the flavour. Add in the soy bean sprouts and stir fry evenly.
锅里低温倒入麻油, 先放入蒜末与红辣椒片小火炒出香味, 在加入黄豆芽炒均匀。
4. Add water into the pan, turn the heat down to medium and continue cooking for another 1 minute before adding the wakame. Season with salt, sprinkle with sesame seeds and serve immediately.
加入水, 大火煮开后改中火续煮约1分钟, 再加入海带芽拌匀, 以盐调味, 都撒上白芝麻即可享用。





Stir Fry Vegetables

炒蔬菜



SERVING SIZE

份量

5 pax 人份



PREPARATION TIME

准备时间

15 mins 分钟



COOKING TIME

烹饪时间

15 mins 分钟

INGREDIENTS 材料

10 Dried Tau Puffs

10 个豆卜

300 g Cabbage

300 克高丽菜

240 g Pumpkin

240 克南瓜

100 g Carrot

100 克红萝卜

1 tbsp Olive Oil

1 汤匙橄榄油

1 tbsp Sesame Oil

1 汤匙麻油

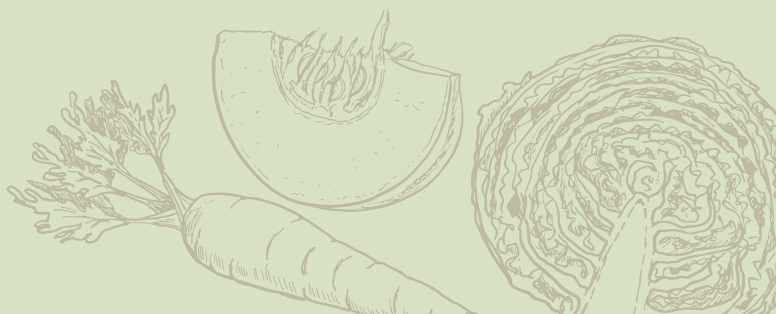
SEASONINGS 调味料

Lake Salt

湖盐

DIRECTIONS 做法

1. Blanch the dried tau puffs, pat dry and cut into stripes.
豆卜烫水, 榨干水分, 切条状。
2. Cut the carrot and pumpkin into slices.
红萝卜与南瓜切片。
3. Cut the cabbage into smaller pieces.
高丽菜切块。
4. Heat up olive oil at low temperature, add in all the vegetables, gently stir fry. Add 100ml water, cover the lid and cook until the vegetables soften, add in sesame oil and salt.
低温热橄榄油, 再把所有的菜加入炒香, 加入100毫升水加盖焖煮至蔬菜软, 加入麻油和盐即可享用。





Steamed Pumpkin

蒸南瓜



SERVING SIZE

份量

4 pax 人份



PREPARATION TIME

准备时间

10 mins 分钟



COOKING TIME

烹饪时间

20 mins 分钟

INGREDIENTS 材料

350 g Pumpkin

350 克南瓜

A thumb size of ginger

1 个拇指大小的姜

5-6 Red Dates

5-6 粒红枣

100 ml Water

100 毫升水

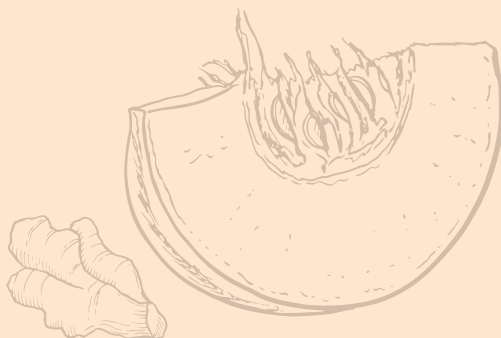
SEASONINGS 调味料

$\frac{1}{4}$ tsp Lake Salt

$\frac{1}{4}$ 茶匙湖盐

DIRECTIONS 做法

1. Remove ginger skin and cut into thin slices. Wash the red dates and remove the seeds. Wash the pumpkin, remove the skin and the seeds of the pumpkin and cut it into medium sized cubes.
姜去皮，切丝。红枣洗净，去籽。洗净南瓜去皮去籽切块备用。
2. Place all the ingredients into the steamer and steam for 15 minutes, off the heat and let it steam for a further 5 minutes.
将所有的材料放入蒸容器中蒸15分钟，把火给关了，再焖多5分钟。
3. Season to taste and serve immediately.
加入调味料即可享用。





Creamy Mushroom Soup

西式无奶香菇浓汤



SERVING SIZE

份量

5 pax 人份



PREPARATION TIME

准备时间

10 mins 分钟



COOKING TIME

烹饪时间

15 mins 分钟

INGREDIENTS 材料

200 g Mixed Mushroom
(Shiitake, enoki and button mushroom)
200 克综合菇类 (冬菇, 金针菇, 毛菇)

20 g Cashew Nuts*
20 克腰果*

35 g Pine Nuts
35 克松子

500 ml Water
100 毫升水

1 tbsp Organic Miso
1 汤匙有机味噌

200 ml Sugarless Almond Milk/
Soy Bean Milk
200 毫升无糖杏仁奶 / 豆浆

3 tbsp Olive Oil
3 汤匙橄榄油

DIRECTIONS 做法

1. Heat olive oil in a pan using low heat, stir fry mushrooms and set aside.
低温热橄榄油, 炒香综合菇, 待用。
2. Place all the ingredients into a blender and blend till creamy.
将所有其他材料与炒香综合菇放入调理机打幼。
3. Return the liquid into a pot, let it boil and off the heat.
将液体放回锅中煮至滚烫。
4. Season with salt and pepper, serve immediately. (Optional)
加入盐和黑胡椒调味即可享用。(可选)

** Soak the cashew nuts for 6 – 8 hours and drain dry before using*

** 将腰果浸泡6-8小时, 沥干才使用*





Sesame Fungus

凉拌双耳



SERVING SIZE

份量

4 pax 人份



PREPARATION TIME

准备时间

15 mins 分钟

INGREDIENTS 材料

40 g White Fungus (Soaked)

40 克泡发白木耳

60 g Black Fungus (Soaked)

60 克泡发云耳

2 tsp Minced Garlic

2 茶匙蒜末

1/4 Red Chilli

1/4 条红辣椒

SEASONINGS 调味料

1/6 tsp Salt

1/6 茶匙盐

2 tsp Black Vinegar

2 茶匙乌醋

1 tbsp Tea Seed Oil

1 汤匙苦茶油

DIRECTIONS 做法

1. Cut the stem of white fungus and cut it into small pieces. Put black and white fungus into the boiling water for 1/2 a minute and drain dry.

白木耳切去蒂头后切小块。将云耳、白木耳放入滚水中烫半分钟，沥干水分。

2. In another bowl, add in chilli, garlic, all of the seasonings and add in the fungus. 在另一个碗里加入红辣椒丝，蒜末，云耳，白木耳以及所有调味料搅拌均匀即可。





Broccoli and Cauliflower Stir Fry

花椰百烩



SERVING SIZE

份量

4 pax 人份



PREPARATION TIME

准备时间

20 mins 分钟



COOKING TIME

烹饪时间

10 mins 分钟

INGREDIENTS 材料

200 g Cauliflower

200 克白花椰菜

100 g Broccoli

100 克西兰花

100 g Pineapple

100 克凤梨

1/4 Red Chilli

1/4 红辣椒

50 g Black Fungus

50 克云耳

2 slices Ginger

2 片姜

SAUCE 酱汁

1/4 tsp Salt

1/4 茶匙盐

1 tbsp Chinkiang Vinegar

1 汤匙镇江醋

1/2 tsp Lotus Root Powder

1/2 茶匙莲藕粉

1/2 tsp Olive Oil

1/2 茶匙橄榄油

White Pepper

胡椒粉





DIRECTIONS 做法

1. Wash both the cauliflower and broccoli, cut into florets. Blanch them separately and rinse with cold water. Cut the pineapple into slices, wash the red chilli and cut it into smaller pieces. Wash and soak the black fungus, squeeze dry.
白花椰菜，西兰花洗净，切小朵，分别以滚水烫熟，取出以冷水冲洗。凤梨切小片，红辣椒洗净，切块。云耳浸软，榨干水分。
2. In a bowl, combine salt, vinegar, white pepper, lotus root powder and olive oil. That will be the sauce for the dish.
将盐，镇江醋，胡椒，莲藕粉，橄榄油搅拌均匀即是酱汁。
3. Heat the pan and add olive oil, add in ginger, pineapple, black fungus and stir fry until the pineapple turns sweet and add in red chilli and the sauce.
把锅烧热，倒入油，爆香姜片，加入凤梨，黑木耳，炒至凤梨散发香味出来才加入红辣椒和酱汁。
4. Finally, add in both the cauliflower and broccoli for a quick stir fry, serve immediately.
最后，加入白椰菜花，西兰花一起炒匀，即可起锅。





Stir Fry Lotus Root

鲜炒莲藕



SERVING SIZE

份量

4pax 人份



PREPARATION TIME

准备时间

15 mins 分钟



COOKING TIME

烹饪时间

10 mins 分钟

INGREDIENTS 材料

300 g Lotus Root

300 克莲藕

3 Fresh Mushroom

3 朵鲜冬菇

50 g Black Fungus

50 克黑木耳

1/4 length Carrot

1/4 条红萝卜

1 tbsp Ginger Slices

1 汤匙姜片

Olive Oil

橄榄油

SEASONINGS 调味料

50 ml Water

50 毫升水

1 tbsp Brown Rice Vinegar

1 汤匙糙米醋

Lake Salt

湖盐适量

DIRECTIONS 做法

1. Wash the mushroom, remove the stems and cut it into four. Cut the lotus root into thin slices, soak it with water and vinegar for 5 minutes, drain dry.

鲜冬菇洗干净，去蒂一开四，莲藕切成较薄片状，用水与白醋浸泡5分钟，沥干水份。

2. In a pan, add in a suitable amount of olive oil to sauté the ginger, add in the fresh mushrooms, lotus root, black fungus and carrot slices. Add in water, salt and simmer for 2 to 3 minutes.

锅内加入适量的油炒香姜片，加入鲜冬菇，莲藕，木耳和红萝卜片。然后加入水，盐，焖煮2-3分钟。





Stir Fry Mixed Mushroom

鲜蔬炒菇



SERVING SIZE

份量

2pax 人份



PREPARATION TIME

准备时间

15 mins 分钟



COOKING TIME

烹饪时间

10 mins 分钟

INGREDIENTS 材料

50 g Maitake

50 克舞菇

40 g Honshimeji Mushroom

40 克鸿喜菇

80 g Cucumber

80 克小黄瓜

80 g Carrot

80 克红萝卜

1 tsp Olive Oil

1 茶匙橄榄油

SEASONINGS 调味料

1/8 tsp Lake Salt

1/8 茶匙湖盐

1/3 tsp White Pepper

1/3 茶匙白胡椒粉

DIRECTIONS 做法

1. Wash Honshimeji mushroom and remove their stems. Cut maitake into small pieces. Prepare a pot of boiling water and blanch the mushrooms. Wash and shred the cucumber and carrots, set it aside.
鸿喜菇切除根部洗净，舞菇切小块，放入沸水中略为汆烫，将小黄瓜和红萝卜洗净切丝备用。
2. In a hot pan, add oil, carrot shreds and stir fry gently. Add in cucumber shreds and stir fry.
热锅，加入油，放入红萝卜丝略为拌炒，再加入小黄瓜丝。
3. Following step number 2, add in all the mushroom and seasonings, stir fry and serve hot.
续做法2，热锅中加入所有的菇类和调味料，翻炒至入味即可享用。





Japanese Stew

日式烧



SERVING SIZE

份量

3pax 人份



PREPARATION TIME

准备时间

15 mins 分钟



COOKING TIME

烹饪时间

20 mins 分钟

INGREDIENTS 材料

40 g Lotus Root

40 克莲藕

50 g Carrot

50 克红萝卜

100 g Chinese Yam

100 克山药

½ box Tofu

½ 盒豆腐

50 g Radish

50 克白萝卜

30 g Burdock

30 克牛蒡

1 Red & Green Bell Pepper

1 粒红和青灯笼椒

SEASONINGS 调味料

15 g Sesame Sauce

15 克芝麻酱

10 g Organic Miso

10 克有机味噌

DIRECTIONS 做法

1. Cut the lotus root into slices, rollcut all the other root vegetables, cut tofu into cubes.
莲藕切片, 其他根茎菜全部切成滚刀块, 豆腐切块备用。
2. In a pot, add in all the ingredients. Fill in water just as it reaches the surface of the vegetables. Cover the lid and boil, then switch to small heat and cook the vegetables until soften. Off the fire, add in seasonings and mix them evenly.
准备一个锅, 加入所有的材料。加入水淹过材料面, 加盖煮滚, 再改用小火煮至蔬菜变软, 熄火, 放入调味料拌匀。
3. Sprinkle sesame seeds before serving.
(Optional)
吃时撒上炒香芝麻。(可选)







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