

This recipe is taken from the cook book, **FRESH CHINESE**; written by Chinese National Healthy Living Centre nutritionist Wynn Chan, forwarded by Ken Hom. **Fresh Chinese** brings you a feast of over 80 mouthwatering recipes that won't pile on the pounds.

Chicken and Cashew Nuts with Vegetables

This dish is a firm favourite on the Chinese takeaway menu. This low-fat version needs no oil as the chicken breast meat is simmered in stock, making it juicy and succulent. This dish goes well with Vegetarian Fried Rice (see page 138).

INGREDIENTS 250 ml (8 fl oz) Chicken Stock (see page 17) • 400 g (13 oz) chicken breast, cubed • 2 tablespoons yellow bean sauce • 200 g (7 oz) carrots, sliced • 200 g (7 oz) bamboo shoots, sliced • 200 g (7 oz) cashew nuts, toasted • 1 spring onion, shredded

CORNFLOUR PASTE 1 teaspoon cornflour mixed with 2 tablespoons water or stock

ONE Heat the chicken stock in a saucepan. Add the chicken meat and bring the liquid back to the boil, stirring. Lower the heat and cook for 5 minutes. Remove the chicken with a slotted spoon and set aside.

TWO Add the yellow bean sauce and cook for a couple of minutes. Add the carrots and bamboo shoots and cook for another couple of minutes.

THREE Return the chicken to the pan, bring the sauce back to the boil and thicken with cornflour paste.

FOUR Stir in the cashew nuts and spring onion just before serving.

Serves 4 with 2 other main dishes.

NUTRIENT ANALYSIS PER

SERVING 1549 kJ – 371 kcal – 33.3 g protein – 15.2 g carbohydrate – 7.6 g sugars – 20.0 g fat – 4.1 g saturates – 3.3 g fibre – 268 mg sodium

HEALTHY TIP Cashew nuts are an excellent source of vitamin E and the B vitamins. Although their high fat content makes them calorific, the type of fat cashew nuts contain is mainly in the healthy form of unsaturated fatty acids.



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Lemon Chicken

In this classic Cantonese dish the chicken is often deep-fried and served with a fairly thick lemon sauce. The chicken in this recipe is pan-fried and contains almost no sauce, only subtle overtones of fresh lemon juice and the lemon oil, which is released from the lemon rind as it cooks. Serve it with Shredded Beef with Carrots and Chilli (see page 45) and stir-fried vegetables to celebrate a marriage of Cantonese and Szechuan cuisine.

INGREDIENTS 1 egg, lightly beaten • 2 garlic cloves, sliced • 2 small pieces of unwaxed lemon rind • 500 g (1 lb) skinless chicken breast, cut into 5 mm (1/4 inch) slices • 2 tablespoons cornflour • 1 tablespoon rapeseed or olive oil • juice of 1 lemon • 1 spring onion, chopped diagonally into 1.5 cm (1/2 inch) lengths • lemon slices, to garnish

ONE Combine the egg, garlic and lemon rind and marinate the chicken for 10–15 minutes.

TWO Remove the lemon rind and add the cornflour to the marinated chicken. Mix thoroughly to distribute the cornflour evenly among the chicken slices.

THREE Heat the oil in a nonstick sauté pan over a high heat. Add the chicken slices, making sure you leave a little space between them.

FOUR Fry the chicken slices for 2 minutes on each side. five Reduce the heat to medium and stir-fry for 1 more minute or until the chicken is browned and cooked. Turn up the heat and pour in the lemon juice. Add the spring onion, garnish with lemon slices and serve immediately.

Serves 4 with 2 other main dishes.

NUTRIENT ANALYSIS PER

SERVING 987 kJ – 234 kcal – 32 g protein – 14.0 g carbohydrate – 0.1 g sugar – 5.8 g fat – 1.2 g saturates – 0.1 g fibre – 103 mg sodium

HEALTHY TIP Lemon juice is a great alternative seasoning to salt or soya sauce. Lemons are an excellent source of vitamin C, which can help to fight infection by maintaining a healthy immune system.



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Pan-Seared King Prawns with Ginger and Spring Onions

Spring onions and ginger are classic accompaniments to fish and shellfish dishes in Cantonese cuisine. This recipe uses both ingredients to create a quick and easy weekday supper dish. This dish goes really well with Sweet and Sour Pork (see page 53).

INGREDIENTS *1/2 tablespoon rapeseed oil • 2 garlic cloves, crushed • 3–4 slices fresh root ginger, peeled and shredded • 400 g (13 oz) large, raw prawns (with shells), deveined • 2 teaspoons shoyu or tamari sauce • 2 teaspoons dry sherry • 1/2 teaspoon sesame oil • 1/2 teaspoon freshly ground black pepper • 4 tablespoons Vegetable Stock (see page 17) • 2 spring onions, shredded into 1.5 cm (3/4 inch) lengths, to serve*

CORNFLOUR PASTE *1 teaspoon cornflour mixed with 1 tablespoon water*

ONE Heat the oil in a nonstick sauté pan and stir-fry the garlic and ginger for a few seconds.

TWO Add the prawns and stir-fry for about 1 minute until almost cooked.

THREE Season with shoyu sauce, sherry, sesame oil and pepper and add the stock. Stir in the cornflour paste to thicken the sauce.

FOUR Sprinkle with the spring onions and serve immediately.

Serves 4 with 2 other main dishes.

NUTRIENT ANALYSIS PER

SERVING 423 kJ – 101 kcal – 19.0 g protein – 0.9 g carbohydrate – 0.3 g sugars – 2.7 g fat – 0.4 g saturates – 0.2 g fibre – 274 mg sodium

HEALTHY TIP Ginger is a favourite spice in oriental cooking. In traditional Chinese medicine, it is thought to improve blood circulation and is also recommended as a cure for travel sickness and morning sickness.



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Mussels with Basil and Black Bean Sauce

An oriental version of moules marinière, this fragrant and spicy dish is great on a cold, wintry night. Serve as a light lunch with Rice Noodles with Aromatic Prawns (see page 134).

INGREDIENTS *1 tablespoon rapeseed or olive oil • 1/2 teaspoon freshly ground black pepper • 2 red chillies, deseeded and sliced • 2 garlic cloves, crushed • 1 kg (2 lb) mussels, scrubbed and debearded • 60 ml (2 fl oz) Fish Stock (see page 19) • 1 tablespoon black bean sauce • 1 tablespoon Chinese rice wine or dry sherry • large handful of fresh coriander leaves • large handful of fresh Thai basil leaves*

ONE Heat the oil in a wok over a high heat until hot. Add the pepper, chillies and garlic and stir-fry for about 30 seconds until fragrant.

TWO Add the mussels and stir to mix, then add the stock, black bean sauce and rice wine. Cover the pan and cook for about 2 minutes until the mussels have opened.

THREE Toss in the coriander and basil leaves then transfer the mussels to a large serving dish, discarding any that have not opened. Serve immediately.

Serves 4-6 with 2 other main dishes.

NUTRIENT ANALYSIS PER

SERVING 927 kJ – 221 kcal – 30.8 g protein – 7.2 g carbohydrate – 0.5 g sugars – 7.4 g fat – 1.4 g saturates – 0.1 g fibre – 821 mg sodium

HEALTHY TIP Mussels are a rich source of the minerals iodine and iron. Shellfish are the best source of iodine, which is needed to make thyroid hormones that control the rate at which the body uses energy.



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Steamed Sea Bass with Spring Onion and Ginger Dressing

Traditionally, Chinese people prefer whole fish to fillets. This recipe is simpler to eat and there's no need to worry about bones. Other fish that can be used as a variation include turbot and halibut. Chinese people often combine delicate fish dishes with other equally subtle flavours, so try this with White-cut Chicken (see page 75) and stir-fried vegetables for a low-fat meal.

INGREDIENTS 4 x 175 g (6 oz) sea bass fillets • 1 tablespoon rapeseed oil • 4 spring onions, finely shredded • 4 slices fresh ginger, peeled and finely shredded • 2 tablespoons Fish Stock (see page 19) • 2 teaspoons shoyu or tamari sauce • 2 teaspoons Chinese rice wine or dry sherry

ONE Half-fill a wok with water, place a metal or wooden rack in the wok and bring the water to the boil over a high heat.

TWO Meanwhile, put the sea bass fillets on a shallow plate and put it on the rack as soon as the water has boiled. Cover the wok and steam the sea bass over a high heat for 7–8 minutes.

THREE To prepare the sauce, heat the oil in a small saucepan over a medium heat. Add the spring onions and ginger and stir-fry for a few seconds, then add the stock, shoyu sauce and rice wine. Stir and cook for a few more seconds then remove the pan from the heat.

FOUR Remove the steamed fillets from the wok and pour the warm dressing over them. Serve immediately.

Serves 4 with 2 other main dishes.

NUTRIENT ANALYSIS PER

SERVING 874 kJ – 208 kcal – 34.2 g protein – 0.9 g carbohydrate – 0.4 g sugars – 7.2 g fat – 0.9 g saturates – 0.2 g fibre – 205 mg sodium

HEALTHY TIP Steaming is a convenient and delicious way of cooking food without adding oil. Foods are cooked gently and evenly because the heat doesn't rise above boiling point.



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Vegetable Chop Suey

Fresh beansprouts are the main ingredient in a chop suey dish. You can add whatever other combination of vegetables you like, as long as you don't overcook them. A little of whatever you fancy works brilliantly when making chop suey. The crunchy texture of the different vegetables goes really well with Spare Ribs (see page 54).

INGREDIENTS *1/2 tablespoon rapeseed or olive oil • 1 teaspoon sesame oil • 1 large shallot, finely sliced • 1 garlic clove, chopped • 125 g (4 oz) fresh shiitake mushrooms, halved • 50 g (2 oz) canned water chestnuts, drained • 50 g (2 oz) canned bamboo shoots, drained • 350 g (11 1/2 oz) fresh beansprouts • 2 spring onions, cut into 1.5 cm (3/4 inch) lengths • 2 teaspoons shoyu or tamari sauce • 1/2 teaspoon freshly ground black pepper*

ONE Heat the rapeseed and sesame oils in a nonstick sauté pan over a high heat until hot. Add the shallot and garlic and sauté over a medium heat for 1 minute until fragrant.

TWO Turn up the heat to high, add the mushrooms, water chestnuts and bamboo shoots and stir-fry for 1 minute.

THREE Quickly add the beansprouts, spring onions, shoyu sauce and pepper and stir-fry for about 30 seconds. Serve immediately.

Serves 4 with 2 other main dishes.

NUTRIENT ANALYSIS PER

SERVING 242 kJ – 58 cal – 3.6 g protein – 4.9 g carbohydrate – 2.6 g sugar – 2.8 g fat – 0.4 g saturates – 1.6 g fibre – 114 mg sodium

HEALTHY TIP Shallots belong to the same family as garlic. In scientific studies, plants from the allium family have been shown to increase the levels of good cholesterol in the body. This good cholesterol helps to carry the bad cholesterol away from the arteries in our bodies and so may help reduce the risk of heart disease.



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Sea-spiced Aubergines

This dish comes from Szechuan and is sometimes referred to as fish fragrant aubergine because the combination of spices is usually used to cook fish dishes. This version is less spicy than the traditional recipe but equally delicious. Discard the chilli seeds if you prefer a mildly flavoured dish. It should be served with an equally hearty dish such as Spicy fish balls with Sweet and Sour Sauce (see page 80).

INGREDIENTS 750 g (1 1/2 lb) aubergines • 1/2 tablespoon olive oil • 4–5 garlic cloves, finely chopped • 2 slices fresh root ginger, peeled and finely chopped • 1 red chilli, sliced • 50 ml (2 fl oz) Vegetable Stock (see page 17) • 1 tablespoon yellow bean sauce • 1 tablespoon Chinese rice wine or dry sherry • 1 teaspoon shoyu or tamari sauce • 2 spring onions, chopped, to serve

CORNFLOUR PASTE 1 teaspoon cornflour mixed with 1 tablespoon water

ONE Put the whole aubergines in a foil-lined roasting tin and bake in the centre of a preheated oven, 200°C (400°F), Gas Mark 6, for 30–35 minutes until they are soft and wrinkly. Remove and set aside to cool, then cut them into 2.5 cm (1 inch) cubes.

TWO Heat the oil in a nonstick sauté pan over a high heat until hot, add the garlic, ginger and chilli and stir-fry for a few seconds until fragrant. Stir in the stock, yellow bean sauce, rice wine and shoyu sauce and bring to the boil.

THREE Add the aubergine cubes to the sauce and simmer for about 5 minutes.

FOUR Slowly stir in the cornflour paste and cook until the sauce has thickened and turned transparent.

FIVE Sprinkle with spring onions and serve immediately.

Serves 4 with 2 other main dishes.

NUTRIENT ANALYSIS PER

SERVING 275 kJ – 65 kcal – 2.5 g protein
– 8.1 g carbohydrate – 4.7 g sugar – 2.4 g fat
– 0.4 g saturates – 4.2 g fibre – 124 mg sodium.

HEALTHY TIP Aubergines can absorb large amounts of oil during cooking. If a recipe calls for aubergine slices, soaking them beforehand in salted water draws out the bitter juices and makes the flesh more dense and less likely to absorb large quantities of fat.



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Stir-fried Noodles with Peanuts and Sweetcorn

This recipe takes its inspiration from South-east Asia, where rice noodles are often eaten as snacks or light lunches rather than as part of a main meal.

INGREDIENTS 125 g (4 oz) dried thin rice noodles • 2 tablespoons rapeseed or olive oil • 2 garlic cloves, crushed • 2 slices fresh root ginger, peeled and chopped • 1 heaped tablespoon medium curry paste • 250 g (8 oz) baby sweetcorn • 250 g (8 oz) pointed cabbage, finely sliced • 1 small red pepper, cored, deseeded and finely sliced • 1/2 tablespoon Thai fish sauce • 2 teaspoons shoyu or tamari sauce • 60 ml (2 1/2 oz) light coconut milk • 100 g (3 1/2 oz) roasted, unsalted peanuts, roughly chopped • 2 tablespoons chopped fresh coriander • 4 spring onions, finely sliced • 2 tablespoons lime juice • coriander sprigs, to garnish

ONE Put the rice noodles into a bowl of boiling water, cover and leave to stand for 5 minutes for them to soften. Drain and set aside.

TWO Heat the oil in a large nonstick sauté pan over a high heat until piping hot. Add the garlic, ginger and curry paste and stir-fry for 2–3 minutes until the spices become fragrant.

THREE Add the sweetcorn, cabbage and red pepper and stir-fry for about 5 minutes or until the cabbage has started to soften and wilt.

FOUR Add the fish sauce, shoyu sauce and coconut milk. Stir to mix, then toss in the rice noodles and stir-fry until the noodles have warmed through. Turn off the heat and gently stir in the peanuts, coriander leaves, spring onions and lime juice. Garnish with coriander sprigs.

Serves 4

NUTRIENT ANALYSIS PER

SERVING 2272 kJ – 557 kcal – 18.7 g protein – 72.0 g carbohydrate – 10.7 g sugars – 22.8 g fat – 4.5 g saturates – 7.0 g fibre – 464 mg sodium

HEALTHY TIP Sweetcorn contains two important plant chemicals, zeaxanthin and lutein. Scientific studies have shown that both of these act as antioxidants, which fight against damaging free radicals, particularly in the eyes.



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Prawn Fried Rice

This colourful fried rice recipe is my version of a very popular dish found on the menus of all Chinese restaurants and takeaways – special fried rice. This recipe doesn't include eggs or pork; instead it contains prawns and an assortment of vegetables.

INGREDIENTS 1 tablespoon rapeseed or olive oil • 500 g (1 lb) fresh prawns, peeled and deveined • 50 g (2 oz) shiitake or button mushrooms, halved • 1 courgette, thinly sliced • 1 small carrot, thinly sliced • 50 g (2 oz) green beans, cut into 2.5 cm (1 inch) pieces • 500 g (1 lb) hot Boiled Rice (see page 140) • 2 teaspoons shoyu or tamari sauce • 1 teaspoon freshly ground black pepper • 1 spring onion, thinly sliced, to serve

ONE Heat the oil in a nonstick sauté pan until piping hot and stir-fry the prawns for 1 minute over a high heat. Remove the prawns and set aside.

TWO Add the mushrooms, courgette, carrot and green beans and stir-fry for a couple of minutes over a high heat.

THREE Stir in the hot rice and shoyu sauce, season with pepper and mix thoroughly.

FOUR Return the prawns to the pan and stir-fry the rice mixture for a couple of minutes.

FIVE To serve, sprinkle with the spring onion.

Serves 2 as a main meal or 4 with 2 other dishes

NUTRIENT ANALYSIS PER

SERVING 2690 kJ – 636 kcal – 49.3 g protein – 90.5 g carbohydrate – 4.6 g sugar – 11.1 g fat – 2.0 g saturates – 2.6 g fibre – 609 mg sodium

HEALTHY TIP Shiitake mushrooms contain a special type of carbohydrate called lentinan. Trials have shown that extracts of lentinan can boost the immune system and thus increase our resistance to infections.



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Coconut Pancakes with Fruit

These light, fluffy pancakes are made with rice flour instead of wheat flour. The addition of reduced-fat coconut milk make these a firm family favourite, particularly if you enlist the help of kids in the preparation of the batter and allow them to stuff their own pancakes.

INGREDIENTS 150 ml (1/4 pint) canned reduced-fat coconut milk • 100 g (3 1/2 oz) rice flour • 150 ml (1/4 pint) mango juice • 2 tablespoons rapeseed or olive oil, for frying • 300 g (10 oz) assorted fruits (e.g., papaya, pineapple and kiwifruit), chopped • 1 tablespoon toasted pumpkin seeds

ONE Make the pancake batter. Combine the coconut milk, rice flour and mango juice in a bowl. Beat well then leave the batter to stand for about 15 minutes.

TWO Put 1/2 teaspoon oil in a small nonstick frying pan, about 15 cm (6 inches) across, and heat over a medium heat until piping hot, swirling the oil around the pan.

THREE Spoon a thin layer of batter into the frying pan and cook until the top has set. Flip the pancake and cook the other side for about a minute. Remove the pancake and keep warm. Repeat until all the batter has been used, using 1/2 teaspoon oil for frying each pancake.

FOUR To serve, put some of the fresh fruit in the middle of each pancake and roll it up. Scatter the pumpkin seeds over the top and serve immediately.

Makes 6 pancakes

NUTRIENT ANALYSIS PER

SERVING 517 kJ – 147 kcal – 2.1 g protein – 21.7 g carbohydrate – 7.7 g sugars – 5.6 g fat – 2.6 g saturates – 1.4 g fibre – 17 mg sodium

HEALTHY TIP Pumpkin seeds make a nutritious addition to these pancakes. They are a useful source of iron, which is needed for healthy blood, and of zinc, which is required for growth and the development of a healthy immune system.

