



A low-carb healthy dish should have high proteins, healthy fats & lots of vegetables which is most beneficial for weight-watchers! Minced chicken & green peas contain proteins which helps to promote growth, energy & cell regeneration. While Ginkgo nuts, commonly known as memory booster, helps to improve brain & circulatory health. Added with 5color vegetables, it provides 5 Color Diet nutrients which helps to promote 5 organs' health (Heart, Lungs, Spleen, Liver & Kidneys).

Preparation Time: 20-25 minutes.



Cooking Time: 20 minutes.

Calories: Below 300.

Serving size: 6-8 persons.

Benefits: Helps to strengthen health of cardiovascular system, gastrointestinal system, respiratory tract system, stomach-spleen, liver, kidneys & immune system as well as boost memory power, etc.

Ingredients - Main

Minced chicken - 200 grams. (Before preparing other ingredients, firstly marinate minced chicken with black soybean thick sauce 1 teaspoon, corn flour 1 tablespoon, olive oil 1 tablespoon & pepper 1 dash)

Button mushrooms - 12 nos. (Cut into halves & slices. Rinse with hot water)

Carrot, about 6-8 inch length - 1 no. (Peel carrot skin & grate it. Rinse in hot water to get rid of its raw taste which is disliked by some individuals)

Ginkgo nuts - 18 nos. Optional. (If buy ready-packed: soak in hot water for 10 minutes or dried type: deshell nuts, boil in water for 10 minutes & peel off skin)

Goji berries - 1 tablespoon = 5 grams. (Rinse with hot water)

Green peas, frozen - $\frac{3}{4}$ rice bowl size = 100 grams. (Rinse with hot water)

Purple cabbage, hand palm size - 5-6 pieces. (Cut into thin strips of 1 inch length. Rinse in hot water to get rid of its Sulfur taste which is disliked by some individuals)

Ingredients - Seasonings & Garnish

Black Soybean thick sauce - 4-6 tablespoons. (**I use AAA brand which has low sodium content**)

Corn flour - 1 tablespoon.



Coriander for garnishing – 1 stalk. (Use top of coriander only)

Garlic – 6 cloves. (Mince it)

Ginger – 2 thin slices. (Mince it)

Onions – 2 small nos. (Cut each onion into 8 pieces & slice thinly)

Olive oil – 4 tablespoons.

Pepper powder – $\frac{1}{4}$ teaspoon.

Sesame oil – 1 teaspoon.

Water – $\frac{1}{2}$ rice bowl = 150 grams.

Preparation

(1) Heat olive oil in a washed wok over middle flame till smoking. Add marinated minced chicken, spreading it out with a spatula & break the minced chicken into small pieces.

(2) After 5 minutes, set the minced chicken aside of the wok, add minced garlic & minced ginger and stir for 1 minute. Then add sliced onions & stir for another 1 minute.

(3) After then, add the minced chicken, black soybean thick sauce, sesame oil & pepper together to the minced garlic, minced ginger & sliced onions, stir fry until the minced chicken is golden brown. Add water & simmer for 5 minutes. Transfer cooked minced chicken into a bowl & set aside.

(4) Scoop 1st $\frac{1}{5}$ of the cooked minced chicken without the gravy in the same wok, add goji berries & stir-fry for 1 minute. Transfer cooked minced chicken with goji berries into a bowl & set aside.

(5) Scoop 2nd $\frac{1}{5}$ of the cooked minced chicken without the gravy in the same wok, add button mushrooms & stir-fry for 1 minute. Transfer cooked minced chicken with button mushrooms into a bowl & set aside.

(6) Scoop 3rd $\frac{1}{5}$ of the cooked minced chicken without the gravy in the same wok, add green peas & stir-fry for 1 minute. Transfer cooked minced chicken with green peas into a bowl &



set aside.

(7) Scoop 4th 1/5 of the cooked minced chicken without the gravy in the same wok, add grated carrot & stir-fry for 1 minute. Transfer cooked minced chicken with grated carrot into a bowl & set aside.

(8) Scoop last 1/5 of the cooked minced chicken without the gravy in the same wok, add sliced purple cabbage & stir-fry for 1 minute. Transfer cooked minced chicken with sliced purple cabbage into a bowl & set aside.

(9) Arrange on a plate from left to right, in portion of (1) 1/8 plate size of minced chicken with purple cabbage. (2) 1/8 plate size of minced chicken with button mushrooms. (3) 1/8 plate size of minced chicken with goji berries. (4) 1/8 plate size of minced chicken with carrot and (5) 1/2 plate size of minced chicken with green peas. Then pour gravy over the minced meat with 5color vegetables and garnish with coriander in the centre & ginkgo nuts in a circle. Serve with rice, bread or pancake wraps.

NOTE

(1) This healthy dish is ideal for everyone especially for those who want to have healthier diet & weight-watchers.

(2) If you have cough, replace minced chicken with other minced meat because chicken may cause phlegm & aggravate the cough's condition.

(3) Ginkgo nuts should be eaten in moderation as excess intake may cause 4'-O-methylpyridoxine (Ginkgotoxin) poisoning. (a) For adults: If take on daily basis, take not more than 10 nos. (b) For children below 12 years old: If take on daily basis, take not more than 5 nos. Children below 5 years old: If take on daily basis, take not more than 3 nos.

(4) For vegetarians, you can remove the minced chicken & replace with beancurd.