

Healthy Yu Sheng with Passion Fruit

Yield: 10 servings

Ingredients	Amount
(A) Fruits	
Red dragon fruit	150g
Pomelo sacs	6 tablespoons
Mandarin oranges	2 medium
Pineapple, sliced	150g
(B) Vegetables	
Cucumber, shredded	1 cup
Carrot, shredded	1 medium
Daikon, shredded	1 cup
Lettuce, sliced to thin shreds	2 cups
(C) Other ingredients	
Toasted sesame seeds	3 tablespoons
Salmon, Sashimi Grade	150g
Roasted peanuts, finely chopped	4 tablespoons
Chinese 5-spice powder	½ teaspoon
Cinnamon powder	½ teaspoon
Chinese white ground pepper	Dash
Extra virgin olive oil	1 tablespoon
Wholemeal crackers, crushed	10 ½ square crackers / ¾ cup
(D) For the sauce	
Passion fruit pulp	3 whole
Plum sauce	2 tablespoons
Lime juice	1 tablespoon
Honey	1 tablespoon

STEPS:

1. Slice the fruits (A) and shred the vegetables (B). Prepare the other ingredients (C) in different serving saucers and mini bowls.
2. Make the sauce by mixing (D) in a small bowl. Season to taste and set aside.
3. In a large round serving plate, pile up shredded vegetables (B) at the center of the plate. Arrange the sliced fruits (A) around the shredded vegetables on the plate.
4. Serve the Yu Sheng with (C) in the middle. While adding the ingredients to the plate, say the corresponding auspicious wishes for each ingredient.
5. Pour sauce (D) over Yu Sheng in a circular motion.

Cooking TIPS!

- ✓ You may consider changing up the fruits to your preference in similar colours.

Healthy TIPS!

- ✓ Patients with chronic kidney disease and those who are undergoing dialysis should consume in moderation. If you need to control potassium intake, it is recommended that you eat no more than half-inch plate.
- ✓ It is recommended to eat it fresh to avoid oxidation of vegetables and fruits.

Nutrition content per serving: (Energy: 178 kcal)

Carbohydrate: 19 g	Protein: 7 g	Total fat: 9 g
Sodium: 82 mg	Potassium: 364 mg	Phosphate: 130 mg

健康鱼生搭配百香果

份量: 10 人份

材料	份量
(A) 水果	
龙珠果 (红色)	150 克
柚子 (果粒)	6 汤匙
柑	2 个
黄梨	150 克
(B) 蔬菜	
黄瓜 (切丝)	1 杯
红萝卜 (切丝)	1 个 (中)
白萝卜 (切丝)	1 杯
包菜 (切丝)	2 杯
(C) 其他配料	
芝麻籽	3 汤匙
三文鱼 (生鱼片)	150 克
花生碎	4 汤匙
五香粉	½ 茶匙
肉桂粉	½ 茶匙
白胡椒粉	少许
特技初榨橄榄油	1 汤匙
全麦饼干 (压碎)	10½ 片 / ¼ 杯
(D) 酱料	
百香果 (果肉)	3 个
酸梅汁	2 汤匙
酸柑汁	1 汤匙
蜜糖	1 汤匙

烹调步骤:

1. 将 (A) 水果切成小块, 并将 (B) 蔬菜切丝。然后把 (C) 的配料各装在小碟子。搁置备用。
2. 把 (D) 酱料倒入小碗, 搅拌均匀。调配好后搁置备用。
3. 准备一个大盘子, 把蔬菜摆放在中间, 水果则围绕着蔬菜, 摆放在周围。
4. 享用鱼生前, 把 (C) 配料一个一个撒在盘子中, 并配上一些吉祥语。
5. 最后, 均匀地淋上酱料即可食用。

烹饪小贴士!

- ✓ 您可根据个人喜好, 以其他相同颜色的水果作为替代。

全国肾脏基金会

健康小贴士!

- ✓ 患有慢性肾病和正在洗肾的患者应适量食用，若您需要控制钾含量的摄取，建议您食用不超过半个8寸的餐盘。
- ✓ 建议新鲜食用，以免蔬菜和水果氧化。

营养含量 (一人份) : (热量178 kcal)

碳水化合物: 19 g	蛋白质: 7 g	脂肪: 9 g
钠 82 mg	钾: 364 mg	磷: 130mg

感谢NKF 营养师提供此食谱。