



Fruity Recipe (1)

The Department of Health promotes “Joyful Fruit Month” in April every year. As a school meal caterer, we organised a cooking workshop using fruits as ingredients to support this meaningful event. Our executive chef prepared a low fat curry with fruits, while Dietitian explained the nutritional content and values of the dish. We now provide this healthy and easy recipe as below:



Low Fat Curry with Fruits and Chicken



Ingredients

(For 4 people):

- Chicken fillet 250g
- Fresh pineapple pieces 50g
- Banana pieces 50g
- Bell peppers 60g
- Onion 30g
- Curry powder 5g
- Hi-calcium, low fat milk 150ml
- Water 100ml
- Oil 2-3 teaspoons



Method:

1. Marinate the chicken fillet. Set aside.
2. Wash the onion and bell peppers and then cut them into wedges. Set aside.
3. Heat oil on non-stick pan, stir fry the chicken fillet and onion. Then add in the curry powder and stir well.
4. Add milk and water into the pan, stir well and allow the sauce to slightly dry up. Mix in pineapple and banana, followed by bell peppers then serve.



Banana is rich in tryptophan which helps to produce serotonin in the brain. Serotonin can stimulate our nervous system, leading us a sense of happiness, calmness and falling asleep easier.

Pineapples contain a natural protein extract called bromelain that can make the meat tenderer.



Coconut milk is often used when making curry. However it is high in fat. Replacing it with low fat milk can reduce the fat content and is a healthier alternative.



Adding vegetables as some of the ingredients can increase fibre intake, allowing us to have a healthy gut and reducing the risk of cancers.



Tumeric can be used as a replacement to curry powder for those who cannot tolerate or dislike spicy food.