



吞拿魚粟米多士

Tuna Sweet Corn Toast

吞拿魚粟米多士

材料

鹽水吞拿魚	1小罐
粟米	2湯匙
番茄	1個
麵包	1片

調味

沙律醬	2湯匙
-----	-----

製法

- 1 把麵包烘成多士。
- 2 吞拿魚去鹽水，剁成茸。
- 3 番茄洗淨切片。
- 4 吞拿魚茸加入粟米粒與沙律醬，拌勻，放在切片的番茄上。
- 5 最後把多士取出，切成均等小方塊，把番茄片放上，即成。



麵包

Tuna Sweet Corn Toast

Ingredients

Tuna in salt water	1 small can
Sweet corn	2 tablespoon
Tomato	1 piece
Bread	1 slice

Seasoning

Mayonnaise	2 tablespoon
------------	--------------

Method

- 1 Toast the bread.
- 2 Finely chop tuna meat without water.
- 3 Wash tomato and cut into slices.
- 4 Mix tuna, sweet corn and mayonnaise, spread on tomato slices.
- 5 Take out toast, cut into even small cubes, and then place the tomato salad on top of it.



五彩糙飯糰

Five-color Wheat Rice Ball

五彩糙飯糰

材料

糙米	100克
日本米	100克
粟米	3湯匙
青瓜	50克
紅蘿蔔	40克
紫菜絲	10克

製法

- 1 把糙米預先浸泡一晚。
- 2 把日本米與糙米混在一起，用飯煲煮好。
- 3 青瓜、紅蘿蔔洗淨切細粒。
- 4 把粟米、青瓜粒、紅蘿蔔粒與紫菜絲混進飯裡。
- 5 然後用手搓成小飯糰即成。



米飯

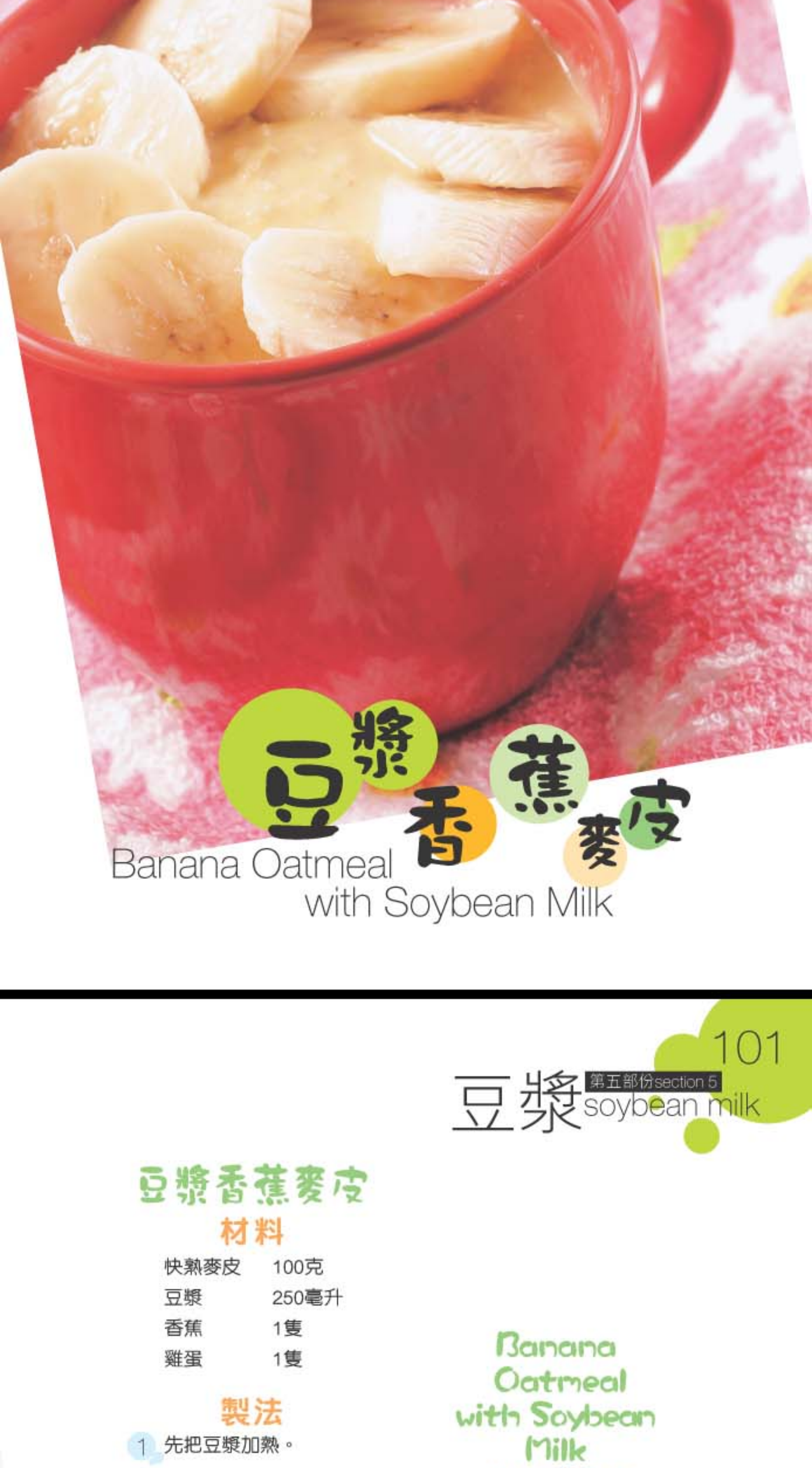
Five-color Wheat Rice Ball

Ingredients

Wheat rice	100g
Japanese rice	100g
Sweet corn	3 tablespoon
Cucumber	50g
Carrot	40g
Seaweed slices	10g

Method

- 1 Soak wheat rice in clean water overnight.
- 2 Mix Japanese rice and wheat rice well. Use rice cooker to cook.
- 3 Wash cucumber and carrot and chop.
- 4 Mix sweet corn, cucumber, carrot and seaweed into rice.
- 5 Use both hands to make rice ball.



豆漿香蕉麥皮

Banana Oatmeal with Soybean Milk

豆漿香蕉麥皮

材料

快熟麥皮	100克
豆漿	250毫升
香蕉	1隻
雞蛋	1隻

製法

- 1 先把豆漿加熱。
- 2 豆漿開始出煙時加入快熟麥皮，拌勻。
- 3 豆漿一開始滾即加入雞蛋，同時收火，把蛋快速拌勻。
- 4 把香蕉切片，加入麥皮中，即成。



豆漿

Banana Oatmeal with Soybean Milk

Ingredients

Instant oatmeal	100g
Soybean milk	250ml
Banana	1 piece
Egg	1 piece

Method

- 1 Warm up the soybean milk.
- 2 When soybean milk starts to smoke, add in oatmeal. Stir.
- 3 When soybean milk is ready to boil, add in an egg, then simmer, and stir quickly.
- 4 Cut banana into slices, place in oatmeal. Ready to serve.