



Serves: 4

Stir-Fried Vegetable and Fruits in Honeydew Bowl

Ingredients

- Honeydew, whole 1
- Pineapple, diced ½
- Red capsicum, seeds removed and diced 1
- Lychees, skin and seeds removed 10
- Strawberries, cut into halves 5
- Water chestnuts, cut into halves 5
- Black seedless grapes, whole 10
- Asparagus, cut into 1-inch pcs 2
- Canola oil 1 tsp
- White Sesame Oil 1 tsp
- Salt ½ tsp
- Cornflour 1 tsp
- Water 2 tsp

Tips:

- Cook vegetables lightly or until just cooked to retain their crunch and flavour. Overcooking will reduce the amount of nutrients in vegetables.
- Enjoy the edible skins of fruit and vegetables as they provide additional fibre and nutrients.
- Fruit and vegetables are low in sodium and high in potassium. This helps to maintain a healthy blood pressure.

Method

- Remove the top part of the honeydew and discard the seeds. Cut the rim of the honeydew bowl in a sawtooth pattern.
- Blanch asparagus in boiling water. Drain and set aside.
- Heat wok and add 1 teaspoon of canola oil.
- Add in all the cut fruits and vegetables. Stir-fry rapidly for 3–4 minutes.
- Add sesame oil and salt to taste.
- Mix 1 teaspoon of cornflour with 2 teaspoons of water. Add to the wok and mix evenly.
- Place fruit and vegetable mixture in the honeydew bowl. Serve hot.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 168kcal
Protein 2.3g
Total fat (g and % of total calories)
2.9g (14.3%)
Saturated fat 0.4g
Cholesterol 0mg
Carbohydrate 37.2g
Dietary Fibre 4.2g
Sodium 328mg