



Serves: 3

Ginger-infused Chawanmushi (Steamed Egg infused with Ginger)

Ingredients

- 2 whole eggs (about 60g each including the shell)
- 4 egg whites
- 2 cups (500ml) of milk*
- 2 tsp (10ml) of ginger juice, freshly grated
- 1 cup (160g) of frozen mixed vegetables, defrosted and thawed

Toppings:

- 3 slices of carrot, cut into floral shapes and blanched

Method

- Mix eggs, egg whites, milk and ginger juice together in a bowl and whisk to combine.
- Strain the mixture through a fine sieve to remove the bubbles.
- Divide the vegetables into 3 bowls and pour in the sieved egg mixture. Each of the bowls should be $\frac{4}{5}$ full.
- Cover the bowls with aluminium foil and steam for 8-10 mins.
- Top each bowl with one slice of blanched carrot and serve warm.

Tips:

- Steaming is a healthy and low-fat cooking method that brings out the flavours of fresh ingredients.
- Substitute whole eggs with egg whites to reduce the cholesterol intake.
- Milk and dairy products provide calcium for strong teeth and bones.



*Choose products with the Healthier Choice Symbol.

