



Serves: 4

# Bamboo Pith And Tofu Parcels

## Ingredients

- Bamboo pith 8
- Silken tofu 1 pack
- Chinese mushroom, soaked and chopped 1 tbsp
- Water chestnut, chopped 2
- Golden needle flowers 8
- Broccoli, cut into florets, blanched 8 florets
- Corn starch 2 tsp
- Egg white ½
- Water 4 tbsp
- Concentrated chicken stock 1 tsp
- Canola oil 1 tsp
- Salt a pinch
- Pepper a pinch

## Tips:

- Cook and serve vegetables just before eating to get their maximum nutrient value.
- Use unsaturated (e.g. canola or olive oil) instead of saturated oil (e.g. ghee or butter) to lower your risk for heart disease.
- Low in saturated fat but high in protein, beancurd, pulses, lentils, peas and beans can replace meat in some dishes.

## Method

- Rinse the bamboo pith. Soak in water until swollen and soft.
- Remove the hard stems.
- Soak the golden needle flowers until soft.
- Mash the tofu. Add the chopped mushrooms and water chestnuts.
- Add salt, pepper, 1 tsp corn starch and egg white to the mixture. Stir to mix well.
- Squeeze out water from the bamboo pith and widen the openings.
- Stuff the tofu mixture until the bamboo pith is 90% full.
- Tie up the ends with soft golden needle flowers. Repeat for all of the bamboo fungus.
- Arrange on a plate and steam for 15 minutes.
- Place the broccoli and stuffed bamboo pith on a serving plate.
- Heat canola oil in the wok.
- Add water and the concentrated chicken stock and thicken with the remaining corn starch.
- Drizzle the mixture over the stuffed bamboo pith. Serve immediately.

## Nutrition Information (Per Serving):

Energy 101kcal  
Carbohydrate 11.5g  
Protein 7.3g  
Total fat 2.9g  
Saturated fat 0.4g  
Cholesterol 0mg  
Dietary Fibre 6.2g  
Sodium 415mg