

Lean & Green

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STEAMED EGG CUSTARD WITH DRIED SHRIMPS AND SCALLOPS

No. of servings: 4

Per serving: 1 leaner | 3 green |
1 healthy fat | 1 condiment

Total Time: 40 minutes (+1 hour
soaking time)

Cuisine: Cantonese

Contains: Eggs, Shellfish, Fish, Meat, Soy

INGREDIENTS

8 large (400g) whole eggs
20 large (660g) egg whites
500mL fat-free chicken broth
4 tbsp (30g) dried small shrimps, wash
and soak in 250mL water for 15
minutes, save the leftover water for
"soaking water"
8 (30g) dried medium scallops, wash
and soak in 250mL water for 1 hour
until softened, save the leftover
water for "soaking water", shredded
1 medium (15g) scallion or spring
onion, trimmed and finely chopped
600g Chinese kale (also known as
Chinese broccoli or Kai Lan)
Cooking spray

DIRECTIONS

1. Beat the eggs in a large bowl, and then stir in the chicken broth and soaking water (total 1L) to the egg mixture. Slowly sieve the mixture into a deep plate to remove the bubbles.
2. Add the shrimp and scallops to the mixture.
3. Cover the plate with aluminium foil. Put the plate in a wok or steamer and steam for 2 minutes on medium heat.
4. Turn off the heat, and simmer for another 20 minutes with the lid tightly closed.
5. Open the lid and take out the dish. Garnish with scallion or spring onions and serve hot with stir-fried Chinese kale (Kai Lan).

Per serving: 310 calories, 41g protein,
10g carbohydrate, 12g fat



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