

Green Tips - Mar 2020

NOURISHING VEGETABLE SOUP RECIPES 保健素湯水食譜



Sea Coconut Soup with Hairy Fig Root and Pear 五指毛桃雪梨海底椰湯

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Effects

- Strengthen the spleen and moisten the lungs.
- Relieve dry mouth and throat discomfort due to flu.

Ingredients

- 80g Hairy Fig Root
- 2 Pears
- 40g Sea coconut (about 1 tael)
- 40g Lotus Seeds
- 40g Cashew
- 4 Figs

Steps

1. Rinse all ingredients thoroughly. Peel pear and cut into pieces. Stir fry cashews without oil in wok until fragrant.
2. Combine all ingredients with 2.5L of water in pot and cook on high heat until boiling. Turn to low heat and simmer for around 1 hour. Add salt to taste.

Source: CheckCheckCin

Read More (Chinese only):

- 綠色抗肺炎！潤肺止咳素湯推介
- Greenpeace
- 【GIY - Green It Yourself】芋蓉釀翠肉瓜盅
- Green Monday



Grosvenori Momordica Fruit Soup 羅漢果雪梨木瓜湯

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Effects

- Remove heat and symptoms due to hot weather.
- Nourish the lungs and stops cough.
- Refresh and stimulate saliva secretion.

Ingredients

- 1 Grosvenori Momordica Fruit
- 1 Snow Fungus
- 2 Pears
- 1 Papaya
- 1 tablespoon Sweet & Bitter Apricot Kernel
- 6 Dried Figs
- 4 Pieces Dried Chinese Mushroom

Steps

1. Wash and clean all the ingredients. Peel the papaya, cut into pieces; cut the pears; set aside.
2. Soak the snow fungus and dried figs until soft.
3. Put all the ingredients into half a pot of cold water, turn the heat to high and bring it to the boil.
4. When it boils, turn the heat to low and boil for 1 to 1.5 hours. Turn the heat to high and boil for 15 minutes, then turn off the heat.

Source: MEYER, HK JEBN



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