



天然味美 營養如鮮

Tofu Clam Soup

Serves 4

Prep Time: 5 min

Cook Time: 10 min

Time to Table: 15 min

Ingredients

1 can (142 g)

½ box

½ cup

½ cup

1 tsp

1 tsp

Few slices

1

CLOVER LEAF® Whole Baby Clams

tofu

corn

milk

cooking wine

sesame oil

ginger, sliced

green onion, chopped



Preparation:

1. Open the canned Whole Baby Clams and set aside, dice tofu into small cubes.
2. Bring four cups of water to boil, add ginger and reduce heat to simmer for about 7 minutes.
3. Pour in clams (with the liquid in the can) as well as tofu and corn.
4. Add cooking wine and bring to boil.
5. Add milk, salt, and sesame oil, sprinkle with green onion. Ready to serve.

蜆肉豆腐粟米湯

4 人份量

準備時間：5 分鐘

烹調時間：10 分鐘

共需時間：15 分鐘

材料

1 罐 (142 克)

½ 盒

½ 杯

½ 杯

1 茶匙

1 茶匙

少許

1 棵

CLOVER LEAF® 蜆肉

豆腐

粟米

牛奶

料酒

麻油

生薑 (切絲)

蔥 (切碎)

做法

1. 打開蜆肉罐頭備用，豆腐切小方塊。
2. 加入四杯水煮滾，放入薑絲，小火慢慢燜煮 7 分鐘左右。
3. 倒入蜆肉 (連同罐內湯水)、豆腐及粟米。
4. 倒入料酒，煮滾。
5. 在翻滾的湯內加入牛奶、鹽及麻油。撒上蔥，即可。