



Love the taste every time.

Kimchi Tuna Soup

Serves 4

Prep time: 5 min

Cook time: 10 min

Time to table: 15 min

Ingredients

2 cans (85 g) Clover Leaf® Flaked Light Tuna Spicy Thai Chili
2 cups kimchi
1 cup diced tofu
1 cup Enoki mushroom
1 sprig green onion
3½ cups water or low sodium chicken broth
(If using chicken broth, no need for salt)



Preparation

Heat water or chicken broth until boiled. Add Clover Leaf® Flaked Light Tuna Spicy Thai Chili, kimchi and tofu, simmer for 5-10 minutes. Add Enoki mushroom and turn off heat. Garnish with green onion. Enjoy with rice or your favourite noodles.

Nutrition Tidbit

“Clover Leaf® flavoured tuna is not only high in protein, but also a source of Vitamin D. Kimchi contains probiotics which help support gastrointestinal health.”

– Registered Dietitian Sosan Hua

韓式吞拿魚湯

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

2 罐(85 克) Clover Leaf® 香辣泰椒風味淡吞拿魚
2 杯 韓式泡菜
1 杯 豆腐(切粒)
1 杯 金菇
1 棵 蔥
3½ 杯 水或低鹽雞湯(如用雞湯，無需下鹽)

做法

在鍋內加水或雞湯，煮滾。加入 Clover Leaf® 香辣泰椒風味淡吞拿魚、韓式泡菜及豆腐，慢火煮 5-10 分鐘。加入金菇，熄火。灑上蔥，即可上桌，可配飯或麵。

營養小知識

「Clover Leaf® 風味吞拿魚不但含高蛋白質，更是維生素 D 的來源。泡菜含有益生菌，有助腸胃健康。」

– 註冊營養師許楚珊