



天然味美 營養如鮮

Tuna Money Bag

16 Tuna Money Bags

Prep Time: 20 min

Cook Time: 5 min

Time to Table: 25 min

Ingredients

1 can (85 g)	CLOVER LEAF® Flaked Light Tuna - Spicy Thai Chili
¼ cup	carrots, diced
¼ cup	green beans
¼ cup	corn
⅔ cup	cooked rice
16 stems	Chinese leek blossoms (or green onion)
16 pcs	fried bean curd



Preparation

1. Run leek under water and cut off the end. Blanch leek in boiling water added with oil and salt for 2 minutes, remove and set aside. Place in ice water for 2 minutes.
2. Heat up pan with 1 tbsp of oil, add in ⅔ can of Spicy Thai Chili tuna and stir.
3. Add diced carrots, green beans, corn, and cooked rice, use medium heat and stir fry for 1 minute. Add a dash of chicken broth (optional), cover with lid and simmer for 2 minutes, turn off the heat.
4. Fill fried bean curd with 1 tbsp of fried rice.
5. Secure the opening with leek, trim off the extra. Top up the tuna money bag with remaining Spicy Thai Chili tuna, and garnish with corn and diced carrots.

吞拿福袋

16 個福袋

準備時間：20 分鐘

烹飪時間：5 分鐘

共需時間：25 分鐘

材料

1 罐 (85 克)	CLOVER LEAF® 香辣泰椒風味淡吞拿魚
¼ 杯	胡蘿蔔 (切粒)
¼ 杯	青豆
¼ 杯	粟米粒
⅔ 杯	米飯
16 根	韭菜花 (或以蔥代替)
16 個	腐皮包

做法

1. 把韭菜花洗乾淨，切去根部。放在加了油和鹽的沸水裡，2 分鐘後撈出。在冰水裡浸泡 2 分鐘。
2. 將 1 大匙油倒入平底鑊加熱，加 ⅔ 罐香辣泰椒風味淡吞拿魚，翻炒幾下。
3. 加入胡蘿蔔粒、青豆、粟米粒以及米飯，中火炒 1 分鐘。加少許雞湯 (隨個人喜好)，蓋上蓋子燜 2 分鐘，熄火。
4. 在腐皮包內加入 1 大匙炒飯。
5. 用韭菜花扎緊腐皮包，剪去多餘的部分。把剩下的吞拿魚放在腐皮包上，加上粟米粒和胡蘿蔔點綴。