



HONG KONG
SPORTS INSTITUTE
香港體育學院



冠軍煮意 II Champion's Cookbook II

運動營養教育系列手冊 XX
Sport Nutrition Education Series XX



在

香港體育學院內，運動員無須擔心‘煮食’的問題，因為一日三餐已經有人為你精心預備。但當你到海外訓練、比賽或獨自在家，你可能需要為自己烹調食物。這時候你或會感到手足無措，因為你並不懂得煮食。正因為這原因，我們集合了一系列健康、簡單又快捷的食譜給你作為日常飲食的參考。當然，沒有單一的飲食可以滿足各項運動的獨特需要，你要因應訓練內容作出調整。同時嘗試各個種類的食物以增加攝取不同的營養素。食譜內也加插了一些營養貼士，協助你選擇合適的食物，達到更好的訓練和運動表現。

As

athletes at the Hong Kong Sports Institute, you do not need to worry about 'cooking' because all meals have been prepared for you. However, when travelling overseas for training and competition or when at home alone, you may have to cook for yourself. This may seem like a daunting experience as you may not have the skills to cook for yourself. For this reason, we have collected a series of healthy, simple and quick recipes for your daily reference. Of course, no single recipe can take care of all the unique needs of every sport. You have to adjust the content according to training. Also, having a variety of foods will help you obtain different nutrients. This cookbook incorporates some nutrition tips to help you choose the right food for optimal training and performance.





目錄 Contents

早餐 Breakfast

香蕉班戟	Banana Pancake	p.6
蘋果燕麥片	Swiss Muesli	p.8

主食 Main Dish

蜆肉蒸蛋	Steamed Egg with Clams	p.10
冬菇馬蹄燕麥蒸肉餅	Steamed Ground Pork with Oat, Mushroom and Water Chestnut	p.12
青椒炒牛肉	Stir Fried Beef with Green Bell Pepper	p.14
冬瓜炒三絲	Stir fried Carrots and Assorted Mushrooms with Winter Melon	p.16
蜜糖豆炒雞絲	Stir Fried Chicken with Honey Peas	p.18
黑椒牛肉炒椰菜	Stir Fried Beef and Cabbage in Black Pepper Sauce	p.20
泡菜炒豬肉	Stir Fried Pork with Kimchi	p.22
子薑菠蘿炒牛肉	Stir Fried Beef with Pineapple and Pickled Ginger	p.24
椰汁咖喱燴蕃薯扁豆	Sweet Potato, Lentil and Coconut Curry	p.26
栗子冬菇紅棗炆雞	Stewed Chicken with Chestnut and Mushroom	p.28
泰式青咖喱雞	Chicken and Vegetable in Thai Green Curry	p.30
香蒜焗三文魚	Baked Salmon with Garlic	p.32
照燒鯖魚	Teriyaki Mackerel	p.34
吞拿魚薯仔餅	Tuna Fishcake	p.36

米飯和意粉 Rice and Pasta

雜菜炒蕎麥麵	Buckwheat Noodles with Vegetables	p.38
蒜片欖油車厘茄菠菜炒意粉	Aglio Olio with Cherry Tomato and Spinach	p.40
粟米肉粒飯	Steamed Rice with Stewed Pork and Corn	p.42
牛油果雜菜燴意大利糙米飯	Brown Rice Risotto with Avocado and Vegetable	p.44
日式芝麻蕎麥麵	Sesame Soba Noodles	p.46

沙律 Salad

紅菜頭毛豆菠菜沙律	Beetroot and Edamame Salad	p.48
蘆筍青豆羊芝士薄荷沙律	Asparagus, Pea, Feta and Mint Salad	p.50
雜菜意粉沙律	Pasta Salad	p.52
鮮果通粉沙律	Fruity Macaroni Salad	p.54
藜麥扁豆小紅莓芝士沙律	Cranberry Lentil and Quinoa Salad	p.56

小食 Snacks

橄欖蕃茄乾燕麥棒	Oat Bar with Olives and Sun Dried Tomatoes	p.58
香蕉麵包	Banana Bread	p.60
鮮果乳酪杯	Fresh Fruit Yoghurt Cup	p.62

香蕉班戟

Banana Pancake



預備時間 : 10分鐘

烹調時間 : 10分鐘

份量 : 1

Preparation time : 10 minutes

Cooking time : 10 minutes

Serves : 1



材料 Ingredients

全熟香蕉 1隻(中型) 雞蛋

Ripe banana 1 medium Egg

2隻 油

2 each Oil

½ 茶匙

½ tsp



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	127	13	6	6
每份220克 Per serve 220 g	280	28	14	13

* 蛋白質來源
* Source of protein



做法 Method

1. 先將香蕉用叉壓成泥糊狀。
 2. 將雞蛋打勻，然後加入香蕉蓉，拌勻至沒有香蕉顆粒。
 3. 加少許油在易潔鑊，倒入蛋漿以細火煎約30秒至1分鐘便可上碟。
1. Use a fork to mash the banana thoroughly.
 2. Whisk the eggs. Combine the egg mixture and banana thoroughly.
 3. Heat up a non-stick frying pan with oil, pour the batter and use a low heat to cook for 30 seconds to 1 minute.



營養貼士 Nutrition Tips

香蕉含豐富碳水化合物和鉀質，有助提升能量儲備，並協助維持水分平衡。

Bananas are rich in carbohydrates and potassium which helps to enhance your energy stores and maintain water balance.



備註 Remarks

此食品含有蛋，對蛋敏感人士應避免進食。

This food contains egg. People who are allergic to egg should avoid this dish.

適合蛋素食人士。

Suitable for ovo-vegetarian.

蘋果燕麥片

Swiss Muesli



預備時間 : 10分鐘

烹調時間 : 15分鐘

份量 : 3

Preparation time : 10 minutes

Cooking time : 15 minutes

Serves : 3



材料 Ingredients

快熟麥片	120克	鮮奶	800毫升	淡忌廉	100毫升
蘋果	50克	杏脯乾	30克	無鹽核桃	30克
蜜糖	30毫升				
Instant oatmeal	120 g	Milk	800 ml	Light cream	100 ml
Apple	50 g	Dried apricot	30 g	Unsalted walnuts	30 g
Honey	30 ml				



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	147	15	5	8
每份387克 Per serve 387 g	567	58	18	29

* 含鐵質
* Contains iron



做法 Method

1. 蘋果去皮切小粒，將蘋果、鮮奶及淡忌廉加入平底深鍋煮，以細火煮約10分鐘。
 2. 加入快熟麥片繼續煮約2分鐘。
 3. 加入杏脯乾及蜜糖再煮1分鐘即可熄火。
 4. 盛入碗中，灑上合桃，即成。
1. Remove the apple skin and cut the apple into small pieces. Add the apple, milk and light cream into a deep saucepan and bring it to the boil. Then turn the heat down low and continue to cook for 10 minutes.
 2. Add instant oatmeal and continue to cook for 2 minutes.
 3. Add dried apricot and honey and cook for 1 minute, then turn off the heat.
 4. Place it in a bowl and sprinkle with walnuts on top.



營養貼士 Nutrition Tips

喜歡吃冰凍食物的運動員，可將製成品放入雪櫃冷藏。此食品含豐富的碳水化合物、蛋白質、水分、多種礦物質和維生素，於運動後進食可促進恢復。

This dish can be placed in refrigerator for athletes who like to eat cold food. This dish is rich in carbohydrates, protein, water, minerals and vitamins. It is suitable as a recovery snack.



備註 Remarks

此食品含有奶、合桃及蜜糖，對奶、合桃及蜜糖敏感人士應避免進食。

This food contains milk, walnuts and honey. People who are allergic to milk, walnuts and honey should avoid this dish.

適合奶素食人士。
Suitable for lacto-vegetarian.

蜆肉蒸蛋

Steamed Egg with Clams



預備時間：10分鐘

烹調時間：10分鐘

份量：3

Preparation time: 10 minutes

Cooking time：10 minutes

Serves：3



材料 Ingredients

急凍蜆肉	350克	雞蛋	4隻	清雞湯	120毫升
豉油	1湯匙	蔥花	1湯匙	油	1茶匙
Frozen clams	350 g	Egg	4 each	Chicken broth	120 ml
Soy sauce	1 tbsp	Spring onion (Diced)	1 tbsp	Oil	1 tbp



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	85	2	10	4
每份233克 Per serve 233 g	198	4	24	9

* 蛋白質來源 / 含鐵質

* Source of protein / Contains iron



做法 Method

1. 蜆肉解凍及洗淨。
2. 拌勻雞蛋，順時針慢慢拌，盡量不要有泡，然後加入清雞湯。
3. 蒸約5分鐘時，加入蜆肉以小火繼續蒸約5分鐘，撒上調味料及蔥花即可。

1. Defrost and wash the clams.
2. Whisk the egg clockwise and avoid making bubbles. Add in chicken broth.
3. Steam the egg for about 5 minutes and then add in the clams. Continue to steam for another 5 minutes. Pour in the marinade and sprinkle the spring onion on top and serve.



營養貼士 Nutrition Tips

雞蛋和蜆肉均含有豐富鐵質，特別適合患有缺鐵性貧血運動員、女性以及發育中的運動員。

Eggs and clams are rich in iron. This dish is suitable for athletes who have iron deficiency anemia, females and growing young athletes.



備註 Remarks

此食品含有蛋和蜆，對蛋和蜆敏感人士應避免進食。

This food contains egg and clam. People who are allergic to egg and clams should avoid this dish.

冬菇馬蹄燕麥蒸肉餅

Steamed Ground Pork with Oat, Mushroom and Water Chestnut



預備時間：10分鐘

烹調時間：10分鐘

份量：2

Preparation time: 10 minutes

Cooking time：10 minutes

Serves：2



材料 Ingredients

瘦肉碎	150克	馬蹄	3粒	燕麥片	4湯匙
鮮冬菇	2隻	蔥花	2湯匙	清水	2湯匙
Ground lean pork	150 g	Water chestnut	3 each	Oatmeal	4 tbsp
Shiitake mushroom	2 each	Spring onion (Diced)	2 tbsp	Water	2 tbsp



調味料 Marinade

麻油	2茶匙	鹽	½ 茶匙	生抽	½ 湯匙
Sesame oil	2 tsp	Salt	½ tsp	Soy sauce	½ tbsp



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	139	9	12	6
每份158克 Per serve 158 g	220	14	19	10

* 蛋白質來源
* Source of protein



做法 Method

1. 先將馬蹄去皮、洗淨、切粒，冬菇洗淨、切粒。
2. 將肉碎、冬菇、馬蹄、燕麥片、清水及調味料拌勻，然後用碟盛起。
3. 將碟放入鑊中隔水蒸8至10分鐘或至肉餅熟透，灑上蔥花即成。

1. Wash the water chestnut and mushroom. Remove the water chestnut skin and chop the water chestnut into small pieces. Cut the mushroom into small pieces.
2. Mix the ground lean pork, mushroom, water chestnut, oatmeal, water and marinade together. Place the mixture on a plate.
3. Place the plate in a wok over some water. Let it steam for 8 to 10 minutes or until cooked through. Sprinkle the spring onion on top and serve.



營養貼士 Nutrition Tips

為了減少攝取飽和脂肪，免治豬肉宜選擇較低脂的部位，例如梅頭或赤肉。另外，瘦肉煮熟後一般比較粗和乾，在肉餅中加入燕麥能使肉餅保持嫩滑，並且增加肉餅的纖維素，促進腸臟健康。

In order to reduce saturated fat intake, it is better to choose ground pork from parts with lower fat content, such as pork collar-butt or leg meat. Also, cooked lean meat tends to be hard and dry usually. Adding oatmeal in the meat patty makes it tender. Moreover, it increases the fiber content and enhances intestinal health.

青椒炒牛肉

Stir Fried Beef with Green Bell Pepper



預備時間 : 10分鐘

烹調時間 : 15分鐘

份量 : 3

Preparation time : 10 minutes

Cooking time : 15 minutes

Serves : 3



材料 Ingredients

牛肉	240克	辣椒	1隻	青椒	360克
蠔油	1茶匙	蒜頭	1瓣	油	1茶匙
Beef	240 g	Chili pepper	1 each	Green bell pepper	360 g
Oyster sauce	1 tsp	Garlic	1 clove	Oil	1 tsp



調味料 Marinade

鹽	¼ 茶匙	胡椒	½ 茶匙
Salt	¼ tsp	Pepper	½ tsp



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	81	3	9	3
每份206克 Per serve 206 g	167	7	19	7

* 蛋白質來源 / 少油

* Source of protein / Less oil



做法 Method

1. 牛肉切絲，先用鹽、胡椒抓醃。
 2. 青椒切絲、蒜頭切碎、辣椒切段。
 3. 在易潔煎鑊中下半茶匙油，待油熱了放入一半蒜頭、辣椒，然後加入青椒，中火炒熟青椒盛起。
 4. 再放半茶匙油加入剩下蒜頭、辣椒，放入牛肉炒至變色後加入蠔油及胡椒，煮熟即成。
1. Cut the beef into slices, marinate with salt and pepper.
 2. Cut the bell pepper into slices, mince garlic and cut the chili pepper into small pieces.
 3. Add half teaspoon of oil into frying pan. When the oil is heated up, add half of the garlic, chili pepper and bell pepper. Use medium heat to fry until bell pepper is cooked. Remove bell pepper from frying pan and set it aside.
 4. Add half a teaspoon of oil into frying pan with remaining garlic and chili pepper, pan fry beef until color changes. Stir through the oyster sauce and bell pepper, keep stir-frying until beef is cook through.



營養貼士 Nutrition Tips

牛肉含豐富的鐵質，特別適合女性、發育中、以及耐力性項目的運動員進食。青椒含有維生素C，有助吸收食物中非血紅素的鐵質。

Beef is rich in iron and is especially suitable for females, growing young athletes, and endurance athletes. Green bell pepper contains vitamin C which enhances the absorption of non-haem iron in food.

冬瓜炒三絲

Stir Fried Carrots and Assorted Mushrooms with Winter Melon



預備時間：20分鐘

烹調時間：20分鐘

份量：1

Preparation time: 20 minutes

Cooking time：20 minutes

Serves：1



材料 Ingredients

冬瓜	100克	紅蘿蔔	20克	雲耳	10克
乾冬菇	10克	薑	10克	豉油	1茶匙
鹽	½茶匙	胡椒粉	¼茶匙	水	50毫升
Winter melon	100 g	Carrot	20 g	Cloud ear	10 g
Dried mushroom	10 g	Ginger	10 g	Soy Sauce	1 tsp
Salt	½ tsp	Pepper	¼ tsp	Water	50 ml



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	71	14	3	1
每份155克 Per serve 155 g	111	21	4	1

* 少油 / 高碳水化合物 / 含鐵質

* Less oil / High carbohydrates / Contains iron



做法 Method

1. 把雲耳及乾冬菇用暖水浸泡至軟身，並切片。
 2. 將紅蘿蔔及薑切絲，再把冬瓜切條。
 3. 以中高火燒熱油鑊，爆香薑絲，再加入雲耳、冬菇及紅蘿蔔。把紅蘿蔔煮至軟身，加入豉油煮成醬汁。
 4. 放入冬瓜及倒入約50毫升水，煮10分鐘至冬瓜軟身。
 5. 加入鹽、胡椒粉調味，拌勻即成。
1. Soak dried mushroom and cloud ear in warm water until tender. Cut them into pieces.
 2. Chop carrot and ginger into small pieces. Cut water melon into thin pieces.
 3. Use medium-high heat to warm up a frying pan with oil, stir fry ginger. Add in cloud ear, mushroom and carrot. Cook until carrot become tender then add soy sauce.
 4. Add winter melon then pour in 50 ml water. Simmer for 10 minutes until winter melon becomes tender.
 5. Add salt and pepper. Mix well and serve.



營養貼士 Nutrition Tips

冬瓜含有超過90%水分，進食冬瓜能夠協助運動員增加水分的攝取。

Winter melon has more than 90% of water. Eating it assists athlete in increasing fluid intake.



備註 Remarks

適合純素食人士。

Suitable for vegan.

蜜糖豆炒雞絲

Stir Fried Chicken with Honey Peas



預備時間：20分鐘

烹調時間：20分鐘

份量：2

Preparation time: 20 minutes

Cooking time: 20 minutes

Serves: 2



材料 Ingredients

蜜糖豆	170克	去皮雞腿肉	150克	紅蘿蔔 (切片)	55克
小粟米 (切半)	6條	雲耳	5-6片	紹興酒	2茶匙
蒜蓉	1茶匙	雞湯	3湯匙	油	2茶匙
鹽	½ 茶匙				
Honey peas	170 g	Skinless chicken thigh	150 g	Carrot (sliced)	55 g
Baby corn (cut in half)	6 pieces	Cloud ear (fungus)	5-6 pieces	Siu Hing wine	2 tsp
Minced garlic	1 tsp	Chicken broth	3 tbsp	Oil	2 tsp
Salt	½ tsp				



醃料 Marinade

生抽	1½ 茶匙	粟粉	½ 茶匙	糖	½ 茶匙	胡椒粉	½ 茶匙
Soy sauce	1½ tsps	Corn starch	½ tsp	Sugar	½ tsp	Pepper	½ tsp

獻汁 Sauce

生抽	1茶匙	蠔油	1茶匙	糖	½ 茶匙	粟粉	1茶匙
麻油	½ 茶匙	水	1湯匙				
Soy sauce	1 tsp	Oyster sauce	1 tsp	Sugar	½ tsp	Corn starch	1 tsp
Sesame oil	½ tsp	Water	1 tbsp				



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	94	9	7	3
每份280克 Per serve 280 g	262	24	20	9

* 蛋白質來源 / 少油

* Source of protein / Less oil



做法 Method

- 把雲耳泡水浸軟後，下滾水略煮2至3分鐘。切去頂部污物硬塊，切粗條，備用。
 - 雞胸肉切粗絲，用醃料拌勻，備用。
 - 分別從蜜糖豆的尾部和頂部，撕去纖維。沖洗乾淨。在一大鍋滾水中，下少許鹽。然後加蜜糖豆，用大火煮約2至3分鐘。撈起隨即放入冷水中浸一會。瀝乾水備用。
 - 燒熱油鑊，下雞肉，用中大火炒熟。盛起備用。
 - 用原鑊，爆香蒜蓉。加紅蘿蔔、小粟米炒勻。加蜜糖豆，灑下酒。倒進雞湯炒勻。加雲耳煮片刻，雞肉回鑊，埋獻，即成。
- Soak the cloud ear until it is soft and boil it for 2 to 3 minutes. Remove the woody anchor point. Cut the cloud ear into thick slices.
 - Cut the chicken into thick slices and marinate it.
 - Remove the fiber from the top and bottom of the honey peas. Wash the honey peas. Cook the honey peas in boiling water with a little bit of salt for 2 to 3 minutes. Soak it in cold water for a while and drain it.
 - Heat up the wok with oil and use medium heat to pan fry the chicken until it turns brown.
 - Use the same wok, sauté garlic over a medium heat until aromatic. Stir in carrots and corn. Add in the honey peas and Siu Hing wine. Pour in the chicken broth and mix it well. Add in the cloud ear and cook a while. At last, add in the chicken and the sauce. Cook until the sauce becomes thick.



營養貼士 Nutrition Tips

預備肉類食材及家禽的時候，除了選擇適當部位，去肥切皮也是減少脂肪攝取的好方法。

When handling meat and poultry, beside choosing the suitable part, trimming fat and removing skin is also a good method to lower fat content.

黑椒牛肉炒椰菜

Stir Fried Beef and Cabbage in Black Pepper Sauce



預備時間：10分鐘

烹調時間：15分鐘

份量：4

Preparation time: 10 minutes

Cooking time：15 minutes

Serves：4



材料 Ingredients

油	2湯匙	蒜頭	4瓣	牛肉	240克
細椰菜	½ 個	紅椒	1 個	豉油	2湯匙
粟粉	1茶匙	水	½ 杯	黑胡椒粉	1茶匙
Oil	2 tbsp	Garlic	4 cloves	Beef	240 g
Small cabbage	½ each	Red bell pepper	1 each	Soy sauce	2 tbsp
Cornstarch	1 tsp	Water	½ cup	Black pepper	1 tsp



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	114	4	7	8
每份225克 Per serve 225 g	257	10	15	18

* 蛋白質來源
* Source of protein



做法 Method

1. 先將細椰菜洗淨、切絲，紅椒洗淨、切絲，蒜頭洗淨、切碎。
 2. 牛肉切片。
 3. 用中大火起鍋，加油。
 4. 加入蒜頭炒約5秒，再加入牛肉。把牛肉快炒至淺棕色。
 5. 倒入椰菜絲和紅椒條炒勻，煮至蔬菜變嫩和牛肉至全熟，然後加豉油。
 6. 將粟粉和水拌勻，慢慢倒入鍋中勾芡。加入黑胡椒粉調味。煮至芡汁變杰即成。
1. Wash and rinse the cabbage, bell pepper and garlic. Shred the cabbage, slice the bell pepper and mince garlic.
 2. Slice the beef.
 3. Warm up a wok with medium-high heat with oil.
 4. Sauté garlic for about 5 seconds, then add beef. Stir fry the beef until it turns brown.
 5. Stir in cabbage and bell pepper, cook until vegetables are tender, and beef is fully cooked. Add soy sauce.
 6. Mix cornstarch and water, then slowly pour into the wok. Season with black pepper. Cook and stir until sauce is thickened.

貼士
Tips

營養貼士 Nutrition Tips

這菜式可使用免治肉代替牛肉，免治肉一般含菌量較高，所以漢堡扒類、腸類食品必須完全熟透才可食用。

The dish can use minced meat to replace beef. Minced meat generally contains higher bacterial content. Therefore, hamburger patty and sausages must be fully cooked before consumption.

泡菜炒豬肉

Stir Fried Pork with Kimchi



預備時間 : 15分鐘

烹調時間 : 15分鐘

份量 : 2

Preparation time : 15 minutes

Cooking time : 15 minutes

Serves : 2



材料 Ingredients

瘦豬肉	200克	泡菜	230克	洋蔥	40克
紅蘿蔔	15克	大蒜	40克	蔥	10克
豉油	1茶匙	糖	1茶匙	油	2茶匙
韓式辣醬	1茶匙				
Pork tenderloin	200 g	Kimchi	230 g	Onion	40 g
Carrot	15 g	Garlic	40 g	Spring onion	10 g
Soy sauce	1 tsp	Sugar	1 tsp	Oil	2 tsp
Korean chili sauce	1 tsp				



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	88	6	9	3
每份276克 Per serve 276 g	242	17	25	8

* 蛋白質來源 / 少油

* Source of protein / Less oil



做 法 Method

1. 將洋蔥、紅蘿蔔和蔥切絲。將豬肉切片。
2. 起油鍋，將豬肉炒至7分熟後撈起備用。
3. 加入油，將大蒜、洋蔥下鍋炒香，再倒入紅蘿蔔和泡菜一起炒。
4. 將豬肉倒回鍋中一起拌炒，並在鍋邊淋下一茶匙的豉油增加香氣，再加入糖和韓式辣醬調味。
5. 將豬肉炒熟後，加入蔥段炒勻即成。

1. Slice the onion, carrot, spring onion and the pork.
2. Heat up the wok with oil and pan fry the pork until 70% done. Place the pork aside on a plate.
3. Add in oil and sauté garlic and onion until aromatic. Stir in carrot and kimchi.
4. Return the pork to the wok and pour in the soy sauce along the side of the wok. Add in sugar and Korean chili sauce.
5. Stir fry the pork until well done and stir in the spring onion. Mix well and serve.



營養貼士 Nutrition Tips

這菜式味道酸辣，能刺激食慾，最適合劇烈運動後胃口大減的運動員進食。

This sour and spicy dish stimulates appetite. It is suitable for athletes who have lost appetite after intense exercise.

子薑菠蘿炒牛肉

Stir Fried Beef with Pineapple and Pickled Ginger



預備時間：20分鐘

烹調時間：10分鐘

份量：2

Preparation time: 20 minutes

Cooking time: 10 minutes

Serves: 2



材料

Ingredients

新鮮菠蘿肉	200克	牛柳	150克	蒜頭	1瓣	紅辣椒	1隻
青椒	½ 個	鹽	½ 茶匙	子薑	40克	油	2茶匙
Fresh pineapple	200 g	Beef tenderloin	150 g	Garlic	1 clove	Red pepper	1 each
Green bell pepper	½ each	Salt	½ tsp	Pickled ginger	40g	Oil	2 tsp



醃料

Marinade

生抽	1茶匙	粟粉	½ 茶匙	糖	½ 茶匙	油	½ 茶匙
Soy sauce	1 tsp	Cornstarch	½ tsp	Sugar	½ tsp	Oil	½ tsp

汁料

Sauce

水	1湯匙	粟粉	½ 茶匙	黃糖	1茶匙	生抽	½ 茶匙
茄汁	1茶匙						
Water	1 tbsp	Cornstarch	½ tsp	Brown sugar	1 tsp	Soy sauce	½ tsp
Ketchup	1 tsp						



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	124	9	6	7
每份275克 Per serve 275 g	343	25	17	20

- * 蛋白質來源
* Source of protein



做法 Method

1. 新鮮菠蘿肉切厚塊，蒜頭切片，紅辣椒去籽切粗條，青椒去籽切粗條。
 2. 菠蘿用稀鹽水泡浸15分鐘。撈起瀝乾水分，備用。
 3. 牛柳切薄片，用醃料拌勻，醃約15分鐘，待用。
 4. 用大中火燒熱油鑊。下牛肉鋪平，不要彼此重疊。煎至牛肉兩面轉色，盛起備用。
 5. 再加少許油在鑊中。爆香蒜片和紅辣椒。加青椒炒勻。灑下少許鹽調味。倒進菠蘿炒勻。牛肉回鑊。倒進汁料，煮至自己喜歡的濃稠度。拌入子薑。上碟，趁熱享用。
1. Cut the fresh pineapple into thick pieces. Slice the garlic into pieces. Remove seeds from the bell peppers and cut into thick pieces.
 2. Soak the pineapple in salt water for 15 minutes. Then remove water and set it aside.
 3. Slice the beef into thick pieces and marinate for 15 minutes.
 4. Use medium-high heat to heat up frying pan with oil. Add in the beef and arrange them without overlapping. Pan fry until the beef turns brown on both sides. Remove the beef from pan and set it aside.
 5. Add oil into the frying pan. Stir fry the garlic then add red and green bell peppers. Sprinkle salt for taste. Add the pineapple and mix well. Stir in the beef. Pour in the sauce and cook until it is thickened. Mix in pickled ginger and serve.

貼士
Tips

營養貼士 Nutrition Tips

牛肉含豐富的鐵質，特別適合女性、發育中、以及耐力性項目的運動員進食。牛柳亦是牛肉中脂肪含量較低的部份，適合需要控制體重的運動員進食。

Beef is rich in iron, especially suitable for females, developing young athletes, and endurance athletes. Among beef, tenderloin is relatively lower in fat content. Athletes who need to control body weight can also enjoy this dish.

椰汁咖喱燴蕃薯扁豆

Sweet Potato, Lentil and Coconut Curry



預備時間：10分鐘

烹調時間：65分鐘

份量：6

Preparation time: 10 minutes

Cooking time: 65 minutes

Serves: 6



材料 Ingredients

蕃薯	750克	芫荽	2克	扁豆	250克
薑黃	½ 湯匙	椰奶	100毫升	孜然	½ 湯匙
低脂奶	240毫升	薑茸	½ 湯匙	罐頭蕃茄	170克
鹽	2克	檸檬	½ 個	胡椒粉	2克
Sweet potatoes	750 g	Coriander leaves	2 g	Lentils	250 g
Turmeric	½ tbsp	Coconut milk	100 ml	Cumin	½ tbsp
Low fat milk	240 ml	Ground ginger	½ tbsp	Tinned tomatoes	170 g
Salt	2 g	Lemon	½ each	Pepper	2 g



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	134	23	7	2
每份259克 Per serve 259 g	347	58	17	5

* 高碳水化合物 / 蛋白質來源 / 少油 / 含鐵質

* High carbohydrate / Source of protein / Less oil / Contains iron



做法 Method

1. 先預熱焗爐至180°C。
2. 蕃薯洗淨、去皮、切成一口大小尺寸，芫荽切碎。
3. 將椰奶、低脂奶、蕃茄、薑黃、孜然和薑茸放入煲內，煮滾。加入蕃薯粒、扁豆、芫荽、鹽和胡椒粉。拌勻。
4. 蓋上煲蓋，放入焗爐焗大約1小時，直至蕃薯變軟身。
5. 淋上檸檬汁即成。

1. Pre-heat the oven to 180°C.
2. Peel and wash the sweet potatoes. Cut the sweet potatoes into small bite-size cubes, finely chop the coriander.
3. Place the coconut milk, low fat milk, tomatoes, turmeric, cumin and ground ginger in a pot, allow these to heat until bubbling. Add the sweet potato cubes, lentils and coriander, salt and pepper. Mix well.
4. Cover the pot with a lid and place it in the oven to cook for about an hour, until the potatoes are soft.
5. Squeeze the lemon juice into the pot and serve.



營養貼士 Nutrition Tips

由於椰奶的脂肪含量相對牛奶高，食譜特別使用低脂奶代替部份椰奶，以減少整體的脂肪含量。

Since the fat content of coconut milk is relatively higher than milk, this recipe uses low-fat milk to reduce the overall fat content of the dish.



備註 Remarks

此食品含有奶，對奶敏感人士應避免進食。

This food contains milk. People who are allergic to milk should avoid this dish.

適合奶素食人士。

Suitable for lacto-vegetarian.

栗子冬菇紅棗炆雞

Stewed Chicken with Chestnut and Mushroom



預備時間 : 10分鐘

烹調時間 : 45分鐘

份量 : 3

Preparation time : 10 minutes

Cooking time : 45 minutes

Serves : 3



材料

Ingredients

雞腿肉 (去皮)	300克	紅棗	10粒	栗子	170克
蒜頭	4瓣	乾冬菇	10隻	米酒	1湯匙
鹽	½ 茶匙	黑胡椒	½ 茶匙		
Chicken thigh (skinless)	300 g	Dried red dates	10 pieces	Chinese chestnut	170 g
Garlic	4 cloves	Dried shiitake mushroom	10 pieces	Rice wine	1 tbsp
Salt	½ tsp	Black pepper	½ tsp		



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	161	22	13	3
每份187克 Per serve 187 g	300	40	24	5

* 高碳水化合物 / 蛋白質來源 / 少油

* High carbohydrate / Source of protein / Less oil



做法 Method

1. 冬菇洗淨後浸水（將冬菇水留起備用）；栗子水煮20分鐘後取出瀝乾，再放入鍋中小火烘乾，去殼備用（亦可用現成已去殼的）。
2. 將雞腿肉洗淨、切件。將紅棗洗淨，蒜頭洗淨、去皮。
3. 將雞肉、紅棗、栗子、蒜頭及冬菇放入鍋中，淋上米酒。
4. 加入鹽及黑胡椒調味後，將冬菇水約100毫升倒入鍋中，蓋上鍋蓋，慢火燉煮15至20分鐘直至所有材料熟透。
1. Rinse the mushroom and soak in water (save leftover water for later use). Boil the chestnut with water for 20 minutes and towel dry them. Place them back into the cooking pot and dry them in low heat. Remove the shell. (Chestnuts without shells can also be used).
2. Wash and rinse the chicken thigh then cut into pieces. Wash the red dates. Wash and peel the skin of garlic.
3. Place the chicken thigh, red dates, chestnuts, garlic and mushroom into a cooking pot and then sprinkle with rice wine.
4. Add salt and pepper. Pour about 100ml leftover water into the cooking pot and cover it with a lid. Simmer for 15 to 20 minutes on a low heat until all ingredients are cooked.



營養貼士 Nutrition Tips

栗子含有豐富碳水化合物，每100克含有約50克的碳水化合物，大約是米飯的兩倍，能夠提升能量儲備，特別適合於兩節訓練之間進食，或休息時間少於8小時，或需要進行醣類負荷的運動員進食。

Chinese chestnut is rich in carbohydrates. Every 100 grams contains about 50 grams of carbohydrates, about twice the amount in rice. It increases athletes' energy stores, and is especially suitable for consumption in between two training sessions, when the resting time is less than 8 hours, or for athletes who are carbohydrate loading.

泰式青咖喱雞

Chicken and Vegetable in Thai Green Curry



預備時間：10分鐘

烹調時間：15分鐘

份量：5

Preparation time: 10 minutes

Cooking time：15 minutes

Serves：5



材料

Ingredients

雞腿肉（去皮）	400克	香茅	2克	青咖喱醬	20克
竹筍	10克	椰奶	40克	草菇	10克
茄子	20克	水	200毫升	金不換	2克
茄瓜	24克				
Chicken thigh (skinless)	400 g	Lemon grass	2 g	Green curry paste	20 g
Bamboo shoot	10 g	Coconut milk	40 g	Straw mushroom	10 g
Eggplant	20 g	Water	200 ml	Basil	2 g
Thai eggplant	24 g				



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	112	2	16	5
每份135克 Per serve 135 g	151	3	21	6

* 蛋白質來源 / 含鐵質

* Source of protein / Contains iron



做法 Methods

1. 所有材料洗淨，雞肉切條，茄子和茄瓜一開二，金不換用手撕碎，香茅取下半段切圈，竹筍切片。
2. 平底深鍋下油，下青咖喱醬和香茅，中火炒約1分鐘。
3. 加入三分之一的椰奶，拌勻至油和醬有點分離，香氣四散，約1分鐘。
4. 再加入三分之一的椰奶，拌勻至油分離才下剩下的椰奶。
5. 下雞肉炒約1分鐘。
6. 下茄子、茄瓜、竹筍和草菇炒勻，加水，滾起加蓋轉小火燜10分鐘。
7. 開蓋加入金不換拌勻煮1分鐘便成。

1. Wash all ingredients. Cut the chicken thigh into pieces. Cut the eggplant in half. Tear the basil into small pieces. Use the bottom part of lemon grass and chop it into pieces. Chop the bamboo shoots into small pieces.
2. Heat up a frying pan with oil and add the green curry paste and lemon grass. Use medium heat to stir fry for 1 minute.
3. Add one third of the coconut milk and stir until oil and paste slightly separate which is about 1 minute.
4. Then add another one third of the coconut milk, stir until oil separated from the paste. Then add the rest of the coconut milk.
5. Add the chicken thigh and stir fry for about 1 minute.
6. Add the eggplants, bamboo shoots and straw mushroom. Add water. Bring it to boil, cover with a lid and turn the heat down to low and simmer for about 10 minutes.
7. Remove the lid and add the basil, mix well and cook for another 1 minute.

貼士
Tips

營養貼士 Nutrition Tips

去皮烹調能夠減少食品整體脂肪含量，特別適合需要控制體重和耐力性項目的運動員。

Remove poultry skin before cooking to reduce the overall fat content. This is particularly suitable for athletes who need to control weight and endurance athletes.

香蒜焗三文魚

Baked Salmon with Garlic



預備時間：5分鐘

烹調時間：20分鐘

份量：2

Preparation time: 5 minutes

Cooking time: 20 minutes

Serves: 2



材料

Ingredients

三文魚扒	250克	蒜蓉	1湯匙	雜香草碎	1茶匙
水	2 ½ 湯匙	忌廉	1湯匙	黑椒碎	½ 茶匙
Salmon fillet	250 g	Minced garlic	1 tbsp	Ground mixed herbs	1 tsp
Water	2 ½ tsp	Cream	1 tbsp	Black pepper	½ tsp



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	165	2	16	11
每份158克 Per serve 158 g	261	3	25	17

* 蛋白質來源
* Source of protein



做法 Method

1. 焗爐預熱至220°C。
 2. 三文魚洗淨，放在錫紙上。
 3. 撒下蒜茸和香草碎，淋水。加入忌廉，再撒一些黑椒碎，然後放在烤盤上。
 4. 焗15至20分鐘至有香氣即可。
1. Preheat oven to 220°C.
 2. Wash the salmon and place it on a piece of aluminum foil.
 3. Sprinkle the minced garlic and mixed herbs, then add water, cream and black pepper. Place it on the baking pan.
 4. Bake the salmon for 15 to 20 minutes or until it is cooked.



營養貼士 Nutrition Tips

三文魚含豐富奧米加3脂肪酸，有助減低壞膽固醇、保持心血管的健康，以及舒緩炎症。

Salmon is rich in omega-3 fatty acids which helps reduce bad cholesterol, maintains cardiovascular health and relieves inflammation.

照燒鯖魚

Teriyaki Mackerel



預備時間 : 15分鐘

烹調時間 : 10分鐘

份量 : 2

Preparation time : 15 minutes

Cooking time : 10 minutes

Serves : 2



材料 Ingredients

鯖魚柳	2條	麵粉	2湯匙	油	2茶匙
照燒汁	3湯匙	薑蓉	1湯匙		
Mackerel fillet	2 pieces	Flour	2 tbsp	Oil	2 tsp
Teriyaki sauce	3 tbsp	Minced ginger	1 tbsp		



醃料 Marinade

日本醬油	1湯匙	味醂	1湯匙	日本清酒	1湯匙
Japanese soy sauce	1 tbsp	Mirin	1 tbsp	Japanese white wine	1 tbsp



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	211	7	15	14
每份151克 Per serve 151 g	318	11	23	20

* 蛋白質來源
* Source of protein



做法 Method

1. 首先把鯖魚洗淨。
 2. 把醃料塗在魚身。
 3. 加入薑蓉，醃15分鐘，用來辟魚腥味。
 4. 在魚身沾上一層薄薄的麵粉。
 5. 燒熱油鑊，先將魚有皮的一面煎至金黃色，反轉再煎另一面。
 6. 倒入照燒汁煮至開始收汁即成。
1. Wash the mackerel thoroughly.
 2. Spread the marinade sauce on the mackerel.
 3. Add in minced ginger and marinade together with the mackerel for 15 minutes to remove the fishy smell.
 4. Dust a thin layer of flour on the fish.
 5. Heat up a frying pan with oil, pan fry the mackerel until the skin turns golden yellow, then flip to the other side to cook.
 6. Pour in the teriyaki sauce and cook until the sauce starts to dry up.



營養貼士 Nutrition Tips

除了三文魚，鯖魚也含有豐富奧米加3脂肪酸，有助減低壞膽固醇、保持心血管的健康，以及舒緩炎症。

Beside salmon, mackerel is also rich in omega-3 fatty acids which helps reduce bad cholesterol, maintains cardiovascular health and relieves inflammation.

吞拿魚薯仔餅

Tuna Fishcake



預備時間：5分鐘

烹調時間：90分鐘

份量：6

Preparation time: 5 minutes

Cooking time: 90 minutes

Serves: 6



材料 Ingredients

鹽	3克	黑胡椒碎	3克	青豆	50克
薯仔	600克	韭菜	30克	罐頭水浸吞拿魚	360克
檸檬	1個	麵粉	1湯匙	蛋	1隻
橄欖油	1湯匙				
Salt	3 g	Black pepper	3 g	Green peas	50 g
Potato	600 g	Fresh chives	30 g	Canned tuna in water	360 g
Lemon	1 each	Plain flour	1 tbsp	Egg	1 each
Olive oil	1 tbsp				



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	101	10	9	3
每份186克 Per serve 186 g	189	19	17	5

* 蛋白質來源 / 少油 / 含鐵質

* Source of protein / Less oil / Contains iron



做 法 Method

1. 如用新鮮青豆，剝殼後放入碗，備用。
2. 把薯仔去皮後切成一厘米粒狀。
3. 將平底深煮鍋裝半滿水和少許鹽。
4. 用大火煮沸。
5. 當水煮沸時，小心加入薯仔待再煮沸，將火轉至中火煨燉10分鐘或煮至熟透。在最後2分鐘時加入青豆。
6. 煮熟透後，瀝乾薯仔和青豆，剝涼。
7. 韮菜切碎及加入碗中。
8. 瀝乾吞拿魚，然後加入碗中，用叉子弄碎。
9. 洗淨檸檬，用刨絲器刨檸檬皮後連同麵粉一起加入碗中。
10. 打蛋及加少許黑胡椒碎到碗中，拌勻。
11. 將薯仔和青豆搗碎加入碗中拌勻。
12. 撒上少許麵粉在清潔的碟上。
13. 把混合物分成8份用手搓成魚餅，大約2厘米厚。
14. 將魚餅放在已撒上麵粉碟上，在魚餅撒上手上的麵粉粉末。
15. 燒熱平底煎鍋，加1湯匙橄欖油。
16. 小心地將魚餅放上煎鍋，每面煮三至四分鐘或至金黃香脆，即成。
17. 檸檬切成檸角，在魚餅撒上檸檬汁一同進食。

1. If using fresh peas, pod them into a bowl, then leave to one side.
2. Peel the potatoes, and then chop into 1cm chunks.
3. Half-fill a large saucepan with cold water and add a pinch of salt.
4. Place the saucepan on a high heat and bring to boil.
5. Add the potatoes to the boiling water and bring the water back to the boil, then turn the heat down to medium and simmer gently for around 10 minutes, or until cooked through, add the peas for the last 2 minutes.
6. Drain the potatoes and peas, let them cool down.
7. Finely chop the chives and add them to a mixing bowl.
8. Drain the tuna. Add the tuna to the chives, use a fork to flake it into small chunks.
9. Wash the lemon thoroughly, grate the lemon zest, stir in the lemon zest and the flour.
10. Crack in the egg and season with a tiny pinch of pepper, mix well.
11. Once the potatoes and peas cool down, mash them well. Add the mash to the mixture, then mix together until well combined.
12. Sprinkle a little flour over a clean work surface and onto a large plate.
13. Divide the mixture into 8 and use your hands to pat and shape each ball into a fishcake, roughly 2cm thick.
14. Place them onto the floured plate, dust your hands and the top of each fish cake lightly with flour as you go.
15. Place a large frying pan on a medium heat and add 1 tablespoon of olive oil.
16. Carefully place the fishcakes into the pan and cook for 3 to 4 minutes on each side, or until crisp and golden.
17. Cut the zested lemon into wedges. Serve the fishcakes with lemon wedges for squeezing over.

貼士
Tips

營養貼士 Nutrition Tips

罐裝吞拿魚易於存放，方便攜帶，容易處理，可加入意粉、沙律或三文治中，增加整體的蛋白質含量。

Canned tuna is easy to store, carry and handle. It can be added to pasta, salad or sandwiches to increase the overall protein content.



備 註 Remarks

此食品含有蛋，對蛋敏感人士應避免進食。

This food contains egg. People who are allergic to egg should avoid this dish.

雜菜炒蕎麥麵

Buckwheat noodles with Vegetables



預備時間：10分鐘

烹調時間：15分鐘

份量：3

Preparation time: 10 minutes

Cooking time：15 minutes

Serves：3



材料 Ingredients

紅蘿蔔	240克	黃椒	240克	紫椰菜	110克
香菇	140克	芥蘭苗	100克	蕎麥麵	160克
豉油	3湯匙	乾香草	10克	檸檬汁	40克
植物油	2茶匙	鹽	1茶匙		
Carrot	240 g	Yellow bell pepper	240 g	Red cabbage	110 g
Mushroom	140 g	Broccoli	100 g	Buckwheat noodles	160 g
Soy sauce	3 tbsp	Dried herbs	10 g	Lemon juice	40 g
Vegetable oil	2 tsp	Salt	1 tsp		



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	93	17	3	1
每份372克 Per serve 372 g	345	64	12	5

* 高碳水化合物 / 含鐵質 / 少油

* High carbohydrates/Contains iron / Less oil



做法 Method

1. 將水煮滾，放下蕎麥麵煮熟，瀝水備份。
2. 將紅蘿蔔去皮並切條，芥蘭切成三段，椰菜切絲，香菇一開四，黃椒切粒。
3. 燒熱油鑊，加入紅蘿蔔以及芥蘭煮至半熟。
4. 加入椰菜、香菇和黃椒。
5. 當所有蔬菜熟透時，加入蕎麥麵、豉油、檸檬汁、香草和鹽繼續翻炒，拌勻即成。

1. Boil a pot of water. Add the soba and cook until al dente. Drain and set aside.
2. Peel the carrot and slice them into thin rounds, chop the broccolini into roughly three segments. Slice the cabbage into thin threads, cut the mushroom into roughly quarters and the yellow pepper into small cubes.
3. Heat up a frying pan with oil, place the carrot and broccolini into the frying pan and cook to half done.
4. Add the cabbage, mushroom and yellow bell pepper.
5. Once all vegetables are cooked. Add the noodles, soy sauce, lemon juice, herbs and salt. Mix well and serve.



營養貼士 Nutrition Tips

在飲食中包含多種顏色的蔬菜有助增加攝取各種維生素、礦物質和抗氧化物，能促進身體恢復。

Including a rainbow color of vegetables in athletes' daily diet increases the intake of vitamins, minerals and antioxidants which enhances recovery.



備註 Remarks

適合純素食人士。

Suitable for vegan.

蒜片欖油車厘茄菠菜炒意粉

Aglio Olio with Cherry Tomato and Spinach



預備時間：10分鐘

烹調時間：15分鐘

份量：4

Preparation time: 10 minutes

Cooking time：15 minutes

Serves：4



材料 Ingredients

蒜片	15克	黑椒碎	3克	欖油	18毫升
蔬菜上湯	30毫升	車厘茄	100克	辣椒	3克
菠菜	100克	鹽	3克	意粉	1000克
白酒	10毫升				
Garlic	15 g	Black pepper	3 g	Olive oil	18 ml
Vegetable stock	30 ml	Cherry tomato	100 g	Red pepper	3 g
Spinach	100 g	Salt	3 g	Spaghetti	1000 g
White wine	10 ml				



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	128	23	4	2
每份321克 Per serve 321 g	409	75	13	6

* 高碳水化合物 / 少油
* High carbohydrate / Less oil



做法 Methods

1. 將菠菜去根，洗淨，瀝乾，切段。
 2. 辣椒切粒，車厘茄切半粒，蒜切片。
 3. 燒滾水，下鹽，將意粉灼8分鐘，盛起，過冷河，瀝乾。
 4. 燒熱易潔鑊，下橄欖油，炒香蒜片及辣椒，放入車厘茄炒半分鐘，加入白酒，再加入菠菜炒至軟身。
 5. 加入上湯，煮滾，最後放入意粉、鹽及黑椒碎炒勻，上碟，即成。
1. Remove the root from spinach, rinse and drain, cut them into pieces.
 2. Chop the red pepper into small pieces. Cut the cherry tomato into halves. Slice the garlic.
 3. Bring the water to boil. Add salt and cook spaghetti for 8 minutes, take out the spaghetti, rinse under cold water and drain, set it aside for later use.
 4. Heat up a non-stick frying pan with olive oil, stir fry the garlic and red pepper. Add the cherry tomato and pan fry for half a minute. Add the white wine and spinach, stir fry until tender.
 5. Pour in the vegetable stock and bring it to boil. Add spaghetti, salt and black pepper. Stir fry and mix well before serve.



營養貼士 Nutrition Tips

此食物含豐富碳水化合物、適量的蛋白質、低脂肪，適合運動前2小時前進食，提升運動員的能量儲備，以應付高強度的訓練。

This dish is high in carbohydrates, contains moderate amount of protein and is low in fat. It is suitable to be consumed 2 hours before exercise. It enhances athlete's energy stores and is especially useful for high intensity training.



備註 Remarks

適合純素食人士。
Suitable for vegan.

粟米肉粒飯

Steamed Rice with Stewed Pork and Corn



預備時間：10分鐘

烹調時間：25分鐘

份量：2

Preparation time: 10 minutes

Cooking time：25 minutes

Serves：2



材料 Ingredients

米	1 杯	瘦肉	200 克	罐頭粟米蓉	140 克
雞蛋	1 隻	蒜頭	2 瓣	水	350 毫升
油	1 茶匙				
Rice	1 cup	Lean pork	200 g	Canned cream corn	140 g
Egg	1 each	Garlic	2 cloves	Water	350 ml
Oil	1 tsp				



醃料 Marinade

胡椒粉	¼ 茶匙	生粉	½ 茶匙	幼鹽	¼ 茶匙
Ground black pepper	¼ tsp	Corn starch	½ tsp	Salt	¼ tsp



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	119	17	8	2
每份377克 Per serve 377 g	447	65	30	8

* 蛋白質來源 / 高碳水化合物 / 少油

* Source of protein / High carbohydrate / Less oil



做法 Method

1. 米洗淨放入飯煲，加250毫升水，按煮飯按鈕。
2. 瘦肉洗淨，瀝乾，切粒，用瘦肉醃料醃好。
3. 雞蛋拌勻成蛋液。
4. 蒜頭去皮，剁碎成蓉。
5. 燒熱易潔鑊，下油，炒香蒜蓉，放入瘦肉粒並炒至半熟。
6. 然後加入粟米蓉及100毫升水，煮滾後，放入蛋漿，炒勻至全熟。
7. 粟米肉粒拌白飯食用。

1. Rinse the rice with tap water, drain and put inside rice cooker. Add 250ml of water and turn on rice cooking mode.
2. Rinse and dry the lean pork, cut it into small pieces. Marinate the pork.
3. Whisk the egg.
4. Remove garlic skin and mince it.
5. Heat up a non-stick frying pan with oil and stir fry the minced garlic. Add lean pork and stir fry until half way cooked.
6. Add cream corn and 100ml of water, cook until the mixture boils. Stir in the egg. Mix well until all ingredients are cooked.
7. Serve it with cooked rice.



營養貼士 Nutrition Tips

粟米肉粒飯是經典港式碟頭飯，是在茶餐廳裏相對較低脂肪含量的菜式選擇。

Steamed rice with stewed pork and corn is a classical dish in Hong Kong. It contains a relatively lower fat content among all dishes in Hong Kong local restaurants.



備註 Remarks

此食品含有蛋，對蛋敏感人士應避免進食。

Remarks: This food contains egg. People who are allergic to egg should avoid this dish.

牛油果雜菜燴意大利糙米飯

Brown rice risotto with avocado and vegetable



預備時間：15分鐘

烹調時間：70分鐘

份量：4

Preparation time: 15 minutes

Cooking time: 70 minutes

Serves: 4



材料 Ingredients

糙米	252克	番茄	1個	蘑菇	3件
翠玉瓜	1條	紅蘿蔔	2½條	紅椒	1個
牛油果	2個	新鮮羅勒	3克	新鮮香芹	3克
青檸汁	3湯匙	橄欖油	1湯匙	鹽	½茶匙
胡椒粉	1茶匙				
Brown rice	252 g	Tomato	1 each	Mushroom	3 pieces
Zucchini	1 piece	Carrot	2½ pieces	Red bell pepper	1 each
Avocado	2 each	Fresh basil	3 g	Fresh parsley	3 g
Lime juice	3 tbsp	Olive oil	1 tbsp	Salt	½ tsp
White pepper	1 tsp				



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	144	20	3	6
每份334克 Per serve 334 g	481	67	8	20

* 高碳水化合物
* High carbohydrate



做法 Method

1. 糙米加水煮約30分鐘。同時將番茄、紅蘿蔔、翠肉瓜、蘑菇和紅椒切粒，將羅勒和香芹切碎。
 2. 當飯煮約30分鐘後，放入香芹和紅蘿蔔，然後再煮5至7分鐘。接著加入餘下的蔬菜，如有需要，可加少量的水。
 3. 調至細火，蓋上煲蓋，再慢火煮30分鐘，直至變軟。加入青檸汁、橄欖油、鹽和胡椒粉調味。
 4. 最後將牛油果切粒並灑在意大利飯上，即成。
1. Start by cooking the rice in boiling water for 30 minutes. Dice the tomatoes, carrots, zucchini, mushrooms and red bell pepper into small, bite-sized cubes. Then chop the basil and parsley into tiny pieces.
 2. Once the rice has cooked for half an hour, add the herbs and carrots to the rice, allow them to cook for 5 to 7 minutes before adding the remaining vegetables. Add a little more water as needed.
 3. Turn the heat down, place the lid on the pan and allow the vegetable rice mix to cook for another 30 minutes, until it becomes soft. Then stir in the lime juice, olive oil, salt and pepper.
 4. Dice the avocados into chunks and sprinkle these on top of your risotto plate.



營養貼士 Nutrition Tips

一般的意大利飯味道比較濃郁，而且大多數含有芝士和忌廉，脂肪含量相對高。此意大利飯使用大量蔬菜和清水煮成，碳水化合物含量較高，適合運動員食用。

Regular risotto is creamier and consists of cheese or thick cream which can give it a higher fat content. This risotto uses a vast amount of vegetable and water which makes it higher in carbohydrate content and more suitable for athletes.



備註 Remarks

適合純素食人士。
Suitable for vegan.

日式芝麻蕎麥麵

Sesame Soba Noodles



預備時間：10分鐘

烹調時間：10分鐘

份量：6

Preparation time: 10 minutes

Cooking time：10 minutes

Serves：6



材料 Ingredients

蕎麥麵	227克	蜜糖	¼ 杯	豉油	¼ 杯
米醋	2湯匙	芝麻油	2茶匙	薑	1片 (2吋)
蒜蓉	1茶匙	橄欖油	⅓ 杯	毛豆	1杯
紅蘿蔔	2條	蔥花	1湯匙	芝麻	3湯匙
Soba	227 g	Honey	¼ cup	Soy sauce	¼ cup
Rice vinegar	2 tbsp	Sesame oil	2 tsp	Ginger 1 slice (2 inches)	
Minced garlic	1 tsp	Olive oil	⅓ cup	Edamame	1 cup
Carrot	2 each	Spring onion (Diced)	1 tbsp	Sesame seed	3 tbsp



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	273	34	8	12
每份139克 Per serve 139 g	380	47	11	17

* 含鐵質
* Contains iron



做法 Method

1. 將水煮滾，放下蕎麥麵煮熟，瀝水備份。
 2. 將紅蘿蔔洗淨、切絲。將薑磨蓉。
 3. 將蜜糖、醬油、米醋、芝麻油、薑、蒜蓉和橄欖油拌均。
 4. 加入毛豆、紅蘿蔔、蔥花和蕎麥麵並拌勻。在上面灑上白芝麻作裝飾。
1. Bring water to boil. Add the soba and cook until al dente. Drain and set aside.
 2. Wash the carrot and slice it. Mince ginger.
 3. Mix the honey, soy sauce, vinegar, sesame oil, ginger, garlic and olive oil in a large bowl.
 4. Add the edamame, carrots, spring onion and soba to the bowl and toss to combine. Garnish with the sesame seed.



營養貼士 Nutrition Tips

蕎麥麵由蕎麥粉所製造，含有豐富的錳質，相對傳統意粉，蕎麥麵含有較低的熱量、較高纖維素及較多蛋白質。它是取替傳統意粉和白飯的良好選擇。

Buckwheat noodle are made of buckwheat flour. It is a great source of manganese and has less calories, more fiber and more protein compared with traditional pasta. It is a good alternative to traditional pasta and plain rice.

紅菜頭毛豆菠菜沙律

Beetroot and Edamame Salad



預備時間：10分鐘

烹調時間：15分鐘

份量：4

Preparation time: 10 minutes

Cooking time：15 minutes

Serves：4



材料 Ingredients

毛豆	1 杯	紅菜頭	1 個	紅蘿蔔	1 個
菠菜	150 克	白蘿蔔	2 個	已烤焗杏仁	1/3 杯
Edamame	1 cup	Beetroot	1 each	Carrot	1 each
Baby spinach	150 g	Radish	2 each	Roasted almond	1/3 cup



醬汁 Dressing

橄欖油	1 湯匙	檸檬汁	1 湯匙	蜜糖	1 茶匙
蒜茸	1 瓣	鹽	3 克	黑胡椒	3 克
Olive oil	1 tbsp	Lemon juice	1 tbsp	Honey	1 tsp
Garlic	1 clove	Salt	3 g	Black pepper	3 g



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	153	13	6	9
每份127克 Per serve 127 g	194	16	8	11

* 蛋白質來源 / 含鐵質

* Source of protein / Contains iron



做法 Method

1. 把毛豆用水加少許鹽煮至軟身（急凍毛豆煮5分鐘，新鮮毛豆煮8分鐘）。用凍水洗淨、瀝乾和剝涼。
2. 紅菜頭、紅蘿蔔和白蘿蔔洗淨去皮，切成火柴形狀，將所有材料放入碗中。
3. 將醬汁材料用小瓶搖勻，食用前與沙律材料拌勻，即成。

1. Boil the edamame in salted water until tender (about 5 minutes for frozen and 8 minutes for fresh). Rinse under cold water, drain and cool.
2. Wash and peel the beetroot, carrot and radish, cut into matchsticks, and place all ingredients in a serving bowl.
3. Shake all dressing ingredients in a small jar. Toss through salad just before serving.

貼士
Tips

營養貼士 Nutrition Tips

紅菜頭含豐富的硝酸鹽，硝酸鹽在人體內會轉化成一氧化氮。而一氧化氮有擴張血管的作用，讓更多的血液和氧分傳送到肌肉，增加肌肉的帶氧量。對於耐力性項目、在高原訓練或低氧環境訓練的運動員特別合適。

Beetroot is rich in nitrate. Nitrate is converted into nitric oxide in the body. Nitric oxide has a dilating effect on blood vessels that allows more blood and oxygen to transport to muscles increasing muscles' oxygen capacity. It is particularly suitable for endurance, altitude training and hypoxic environment training.



備註 Remarks

此食品含有杏仁和蜜糖，對杏仁和蜜糖敏感人士應避免進食。

This food contains almond and honey. People who are allergic to almond and honey should avoid this dish.

蘆筍青豆羊芝士薄荷沙律

Asparagus, Pea, Feta and Mint Salad



預備時間：5分鐘

烹調時間：5分鐘

份量：3

Preparation time: 5 minutes

Cooking time: 5 minutes

Serves: 3



材料 Ingredients

青豆	220克	檸檬汁	1茶匙	蘆筍	190克
橄欖油	1茶匙	菲達芝士	100克	鹽	3克
薄荷葉碎	1茶匙	黑胡椒	3克		
Green peas	220 g	Lemon juice	1 tsp	Asparagus	190 g
Olive oil	1 tsp	Feta cheese	100 g	Salt	3 g
Chopped mint leaves	1 tsp	Black pepper	3 g		



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	104	9	6	5
每份176克 Per serve 176 g	182	15	10	9

* 含鐵質
* Contains iron



做法 Method

1. 把青豆、露筍洗淨，用水煮熟。
2. 把所有材料拌勻。

1. Wash the green peas and asparagus. Boil them until cooked.
2. Mix all ingredients and serve.



營養貼士 Nutrition Tips

露筍含豐富維生素B1、B2、C、E、K、葉酸和硒質，是抗氧化營養素來源，有助抗炎和促進劇烈運動後的恢復。

Asparagus is rich in vitamin B1, B2, C, E, K, folic acid and selenium. It is a good source of antioxidant. It helps athlete to recover after strenuous exercise and is anti-inflammatory.



備註 Remarks

適合奶素食人士。
Suitable for lacto-vegetarian.

雜菜意粉沙律

Pasta Salad



預備時間：15分鐘

烹調時間：5分鐘

份量：5

Preparation time: 15 minutes

Cooking time: 5 minutes

Serves: 5



材料 Ingredients

全麥通粉	200克	橄欖（切碎）	150克	巴馬臣芝士（磨碎）	75克
橄欖油	2湯匙	新鮮香芹（切碎）	3湯匙	紅蘿蔔	200克
青瓜	300克	番茄	300克		
Wholemeal pasta	200 g	Chopped olive	150 g	Grated parmesan	75 g
Olive oil	2 tbsp	Chopped fresh parsley	3 tbsp	Carrot	200 g
Cucumber	300 g	Tomato	300 g		



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	133	16	5	5
每份253克 Per serve 253 g	336	40	13	14

* 含鐵質
* Contains iron



做法 Method

1. 依照通粉包裝上的煮法把通粉煮熟及隔水。
 2. 將煮熟的通粉和橄欖、巴馬臣芝士、橄欖油和香芹拌勻。待通粉冷卻。
 3. 將紅蘿蔔、青瓜和番茄洗淨並切絲，加入通粉中拌勻。
1. Cook the pasta according to packet instructions (to al dente) and drained.
 2. Place the cooked pasta into a large bowl and stir in olive, parmesan, olive oil and parsley. Let it cool.
 3. Wash and slice the carrot, cucumber and tomato. Add to the pasta and mix well.



營養貼士 Nutrition Tips

由於沙律醬一般含有較高的熱量，外出進食時，可要求將沙律醬分開盛載，由自己控制進食的份量，以免攝取過多熱量。

Since salad dressing is usually high in energy, you can request dressing on side when dining out and add the amount of dressing you need so as to avoid overconsumption.



備註 Remarks

適合奶素食人士。
Suitable for lacto-vegetarian.

鮮果通粉沙律

Fruity Macaroni Salad



預備時間：20分鐘

烹調時間：10分鐘

份量：5

Preparation time : 20 minutes

Cooking time : 10 minutes

Serves : 5



材料 Ingredients

通粉	4杯	西芹	2條	青椒	1個
粟米粒	1杯	蘋果	2個	橙	1個
韭菜	1湯匙	香芹	1湯匙	鹽	2克
胡椒粉	2克	蛋黃醬	½ 杯		
Macaroni	4 cups	Celery	2 stalks	Green bell pepper	1 each
Sweet corn kernels	1 cup	Apple	2 each	Orange	1 each
Fresh chives	1 tbsp	Fresh parsley	1 tbsp	Salt	2 g
Pepper	2 g	Mayonnaise	½ cup		



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	103	18	3	2
每份318克 Per serve 318 g	328	58	8	7

* 少油

* Less oil



做法 Method

1. 西芹和青椒切粒。蘋果和橙去皮去籽，切粒。韭菜和香芹切碎。
2. 在水中加鹽並煮滾，加入通心粉並煮約8至10分鐘或者至煮熟。然後用凍水沖洗冷卻。
3. 將通心粉、芹菜、青椒、粟米粒、蘋果、橙、韭菜、香芹、鹽、胡椒粉和蛋黃醬在大碗中拌勻，即成。

1. Dice the celery and green bell pepper. Peel and dice the apple and orange. Chop chives and parsley into small pieces.
2. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; rinse with cold water.
3. In large bowl, combine pasta, celery, pepper, corn, apple, orange, chives, parsley, salt, pepper and mayonnaise. It is ready to serve.



營養貼士 Nutrition Tips

這道色彩繽紛的沙律可作為平日的小食，它提供豐富的維生素、礦物質和植物生化素，有助提升運動員的抵抗力。

This colorful salad can be served as a snack for athletes. It is a great source of vitamins, minerals and phytochemicals which strengthen immunity.



備註 Remarks

適合蛋奶素食人士。

Suitable for lacto-ovo-vegetarian.

藜麥扁豆小紅莓芝士沙律

Cranberry Lentil and Quinoa Salad



預備時間 : 10分鐘

烹調時間 : 50分鐘
(冷卻大約
60分鐘)

份量 : 6

Preparation time : 10 minutes

Cooking time : 50 minutes
(Chill about
60 minutes)

Serves : 6



材料 Ingredients

乾扁豆	1 杯	月桂葉	2 片	水	2 杯
藜麥	1 杯	合桃碎	½ 杯	菲達芝士	½ 杯
小紅莓乾	½ 杯	蔥花	1 湯匙		
Dried lentil	1 cup	Bay leaves	2 pieces	Water	2 cups
Quinoa	1 cup	Chopped Walnuts	½ cup	Feta cheese	½ cup
Dried cranberries	½ cup	Spring onion (Diced)	1 tbsp		



醬汁 Dressing

檸檬汁	3 湯匙	蜜糖	1 茶匙	白酒醋	1 湯匙
鹽	¼ 茶匙	橄欖油	3 湯匙	黑胡椒粉	½ 茶匙
Lemon juice	3 tbsp	Honey	1 tsp	White wine vinegar	1 tbsp
Salt	¼ tsp	Olive oil	3 tbsp	Black pepper	½ tsp



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	220	25	8	10
每份191克 Per serve 191 g	421	48	16	18

* 高熱量 / 蛋白質來源 / 含鐵質

* High energy / Source of protein / Contains iron



做法 Method

1. 將扁豆和一片月桂葉放進平底鑊，加水直至蓋過扁豆和月桂葉，煮滾水。然後將火調至中細火，將扁豆煮熟變軟（大約30分鐘）。瀝乾水並倒走月桂葉。用凍水沖洗冷卻扁豆並放進大碗內。
 2. 將兩杯水、藜麥和餘下的月桂葉放進平底鑊並用中細火煮滾。蓋上鑊蓋，煮熟藜麥並待藜麥收水。用凍水沖洗冷卻藜麥。倒走月桂葉。將藜麥和扁豆拌勻。
 3. 將檸檬汁用微波爐加熱（大約20秒）。拌入醬汁材料，然後加進藜麥和扁豆中。
 4. 將合桃碎、小紅莓乾、芝士和蔥花加入藜麥和扁豆沙律。放進雪櫃中直至冷凍（大約1小時）。
1. Place lentils and one bay leaf in a saucepan with water to cover and bring to boil. Reduce heat to medium-low and simmer until lentils are tender, about 30 minutes; drain and discard the bay leaf. Rinse with cold water until lentils cool and transfer to a large bowl.
 2. Bring two cups water, quinoa, and the remaining bay leaf to boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed. Rinse quinoa with cold water until cool, discard the bay leaf. Mix the quinoa and lentils.
 3. Heat the lemon juice in a microwave-safe bowl in a microwave until warm, about 20 seconds. Stir in the rest of the dressing ingredients. Pour the lemon juice mixture into lentils and quinoa.
 4. Mix walnuts, cranberries, feta cheese, and spring onion into the lentil and quinoa salad. Refrigerate until chilled, about 1 hour.



營養貼士 Nutrition Tips

藜麥、扁豆和芝士均含有豐富的蛋白質，適合素食運動員每天進食，從而攝取人體一日所需的胺基酸。

Quinoa, lentil and cheese are rich in protein, suitable for vegetarians to consume daily. They provide all essential amino acids for our body.



備註 Remarks

此食品含有合桃和蜜糖，對合桃和蜜糖敏感人士應避免進食。

This food contains walnuts and honey. People who are allergic to walnuts and honey should avoid this dish.

適合奶素食人士。

Suitable for lacto-vegetarian.

橄欖蕃茄乾燕麥棒

Oat Bar with Olives and Sun Dried Tomatoes



預備時間：15分鐘

烹調時間：35分鐘

份量：10

Preparation time: 15 minutes

Cooking time: 35 minutes

Serves: 10



材料

Ingredients

燕麥	1 ½ 杯	孜然	1 茶匙	奶	250 毫升
辣椒片	½ 茶匙	鹽	1 茶匙	蕃茄乾	¼ 杯
乾牛至	2 湯匙	橄欖	¼ 杯	亞麻籽粉	2 湯匙
杏仁	¼ 杯				
Rolled oats	1 ½ cups	Cumin seed	1 tsp	Milk	250 ml
Chili flakes	½ tsp	Salt	1 tsp	Sun dried tomato	¼ cup
Dried oregano	2 tbsp	Olive	¼ cup	Ground flaxseed	2 tbsp
Almond	¼ cup				



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	233	29	8	10
每件50克 Per slice 50 g	117	14	4	5

* 高熱量 / 蛋白質來源 / 含鐵質

* High energy / Source of protein / Contains iron



做法 Method

1. 預熱焗爐至180°C。用烘培紙包好8平方吋烤盤。
2. 混合燕麥、鹽、乾牛至、孜然及亞麻籽粉在碗中。加入奶，浸透大約10分鐘。此時，將蕃茄乾、橄欖及杏仁切碎。加入燕麥混合物中拌勻。
3. 將混合物倒入已預備好的烤盤上，平均鋪開，焗30至35分鐘。
4. 放在架上剩涼後，切成條狀。收藏於密封器皿中。

1. Preheat oven to 180°C. Line an 8-inch square tin with baking sheet.
2. In a bowl, combine oats, salt, dried oregano, cumin seeds and ground flaxseed. Add milk and soak for 10 minutes. In the meantime, finely chop the sun dried tomato, olive and almond. Add to the oat mixture and mix well.
3. Pour the mixture into the square tin and spread evenly. Bake for 30 to 35 minutes.
4. Let it cool on wire rack. Then cut into bars. Store in airtight container.



營養貼士 Nutrition Tips

此燕麥棒含有豐富熱量，適合大運動量、需要增重的運動員於訓練後進食。

This oat bar is high in energy. It is suitable for athletes who have high volume of exercise or need to gain weight.



備註 Remarks

此食品含有杏仁和奶，對杏仁和奶敏感人士應避免進食。

This food contains milk and almond. People who are allergic to milk and almond should avoid this dish.

適合奶素食人士。

Suitable for lacto-vegetarian.

香蕉麵包

Banana Bread



預備時間：10分鐘

烹調時間：45分鐘

份量：15

Preparation time: 10 minutes

Cooking time：45 minutes

Serves：15



材料 Ingredients

熟香蕉（中型）	4隻	雞蛋	2隻	蜜糖	½ 杯
全麥麵粉	2杯	芥花籽油	¼ 杯	蘇打粉	1茶匙
香草精	1茶匙	泡打粉	½ 茶匙	檸檬汁	1茶匙
肉桂	1茶匙	鹽	1茶匙		
Ripe banana	4 medium	Egg	2 each	Honey	½ cup
Whole wheat flour	2 cups	Canola oil	¼ cup	Baking soda	1 tsp
Vanilla extract	1 tsp	Baking powder	½ tsp	Lemon juice	1 tsp
Cinnamon	1 tsp	Salt	1 tsp		



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	241	40	5	7
每件70克 Per slice 70 g	169	28	3	5

* 高熱量 / 高碳水化合物 / 含鐵質

* High energy / High carbohydrate / Contains iron



做法 Method

1. 預熱焗爐至180°C 及用烘焙紙包好9x5吋烤模。
2. 攪拌麵粉、蘇打粉、鹽、泡打粉和肉桂。
3. 在大碗中香蕉壓成泥糊狀，加入蜜糖、芥花籽油、香草、檸檬汁和雞蛋，拌勻。再加入剛才已混好的乾材料拌勻。
4. 將混合物倒入已準備好的烤模，焗45分鐘或插入牙籤再取出後籤身是潔淨的即成。

1. Preheat oven to 180°C and line a 9 by 5 inch loaf pan with baking sheet.
2. Whisk flour, baking soda, salt, baking powder and cinnamon in a bowl.
3. In a large bowl, mash the bananas and beat in honey, canola oil, vanilla extract, lemon juice, and eggs. Beat until well combined. Pour the dry ingredients in and mix until just combined.
4. Pour the batter into the loaf pan and bake for 45 minutes or until an inserted toothpick comes out clean.



營養貼士 Nutrition Tips

香蕉含豐富的碳水化合物、維生素B6、C和鉀質，而且容易消化，適合運動後作為補充能量的小食。

Banana is rich in carbohydrate, vitamin B6, C and potassium. It is also easy to digest, suitable as a snack after exercise for recovery.



備註 Remarks

此食品含有蛋和蜜糖，對蛋和蜜糖敏感人士應避免進食。

This food contains egg and honey. People who are allergic to egg and honey should avoid this dish.

適合蛋素食人士。

Suitable for ovo-vegetarian.

鮮果乳酪杯

Fresh Fruit Yogurt Cup



預備時間 : 5分鐘

烹調時間 : 5分鐘

份量 : 2

Preparation time : 5 minutes

Cooking time : 5 minutes

Serves : 2



材料 Ingredients

希臘純乳酪	400克	藍莓	80克	草莓	100克
香蕉	100克	無鹽核桃	2湯匙		
Greek yogurt	400 g	Blueberries	80 g	Strawberries	100 g
Banana	100 g	Unsalted walnuts	2 tbsp		



營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	95	10	4	5
每份384克 Per serve 384 g	367	39	14	17

* 高熱量 / 高碳水化合物 / 含鐵質

* High energy / High carbohydrate / Contains iron



做法 Method

1. 洗淨藍莓和草莓，瀝乾備用。
 2. 香蕉去皮，切成小粒。
 3. 核桃切碎。
 4. 拌勻乳酪、藍莓、草莓和香蕉，撒上核桃即成。
1. Rinse and drain the blueberries and strawberries.
 2. Peel the banana and cut into small pieces.
 3. Chop the walnuts into small pieces.
 4. Mix the yogurt with blueberries, strawberries and banana. Sprinkle walnuts on top before serve.



營養貼士 Nutrition Tips

希臘乳酪含豐富益生菌，配合水果內的益生元，有助增加腸道益菌數量，促進腸道健康。

Greek yogurt is rich in probiotics and fruit is high in prebiotics. It increases the number of good bacteria in intestine and improves intestinal health.



備註 Remarks

此食品含有核桃，對核桃敏感人士應避免進食。

This food contains walnut. People who are allergic to walnut should avoid this dish.

適合奶素食人士。

Suitable for lacto-vegetarian.

以上資料由精英訓練科技部轄下的運動營養監控中心提供，只供參考。
歡迎轉載以上資料，惟事先須得本院許可；轉載時亦須鳴謝本院。

The above information is provided by the Sport Nutrition Monitoring Centre
of the Elite Training Science & Technology Division.

All information is for reference only.

Reproduction of materials is welcome with prior permission.

Acknowledgements are required.

如有查詢，請致電2681 6367與運動營養監控中心聯絡。

For enquiries, please contact:

Sport Nutrition Monitoring Centre. Tel: 2681 6367

此食譜部份相片由星島日報、體路及大公報提供。

Some photos in this cookbook are provided by Sing Tao Daily, Sportsroad and Ta Kung Pao.





新界沙田源禾路25號 香港體育學院有限公司

Hong Kong Sports Institute Limited, 25 Yuen Wo Road, Sha Tin,
New Territories, Hong Kong

電話 Tel: (852) 2681 6888 傳真 Fax: (852) 2695 4555 網址 URL: www.hksi.org.hk