



# Fish Tail Soup with Angled Loofah and Coriander

On hot summer days, gourds with high water content are best for making soups. This appetizing soup is made from the seasonal angled loofah, together with the aromatic coriander which could enhance the flavour of the fish.



## Ingredients

1. Angled loofah 1 catty (~600 g)
2. Coriander 2 taels (~80 g)
3. Grass carp fish tail (~400 g)
4. Vegetable oil 2 tsp
5. Ginger 3 slices
6. Water 6 bowls

## Seasoning

1. Salt ¼ tsp

## Method

1. Rinse, peel and cut the angled loofah into pieces. Wash the roots of coriander. Set aside.
2. Rinse and pat dry the fish tail. Fry the ginger slices with vegetable oil in a non-stick wok, then add in the fish tail to pan-fry until both sides turn golden brown.
3. Boil water over high heat. Add the boiling water into the wok with the fish tail. Bring to boil again with high heat, then turn to medium heat and continue to boil for 20 minutes.
4. Add in the angled loofah and coriander. Boil for 5 minutes until the angled loofah softens.
5. Season with salt.

## Nutrition / Preparation Tips

1. Pan-frying the fish and adding in boiling water can make the soup milky white in appearance.
2. Coriander have a unique aroma which enhances the flavour of the soup. Ginger helps to reduce the fishy odor. By making use of natural herbs and spices, amount of salt used can be reduced.

## Notes for Special Diets

### ● Diabetic diet

Fish should be consumed in moderation and counted towards total daily servings of “meat, fish, egg and alternatives” group to avoid excessive intake.

## Nutrient Analysis(per serving)

Energy(kcal)	113
Carbohydrate(g)	4
Protein(g)	11
Fat(g)	6
Dietary fibre(g)	0.5
Sodium(mg)	184

