

# Lucky Lotus Pocket with Prawn Paste (Makes 15)

## Ingredients

- 300 g prawn, chopped into paste
- 4 spring onion, thinly sliced
- 150 g lotus roots, sliced thinly
- 1 tbsp cornstarch
- 3 cloves garlic
- 1 red chilli, finely chopped
- 1½ tbsp cooking wine (optional)
- Sunflower or canola oil
- Salt and pepper

## Nutritional Information / piece

- Energy: 40 kcal
- Protein: 2.3 g
- Total fat: 2.1 g
- Saturated Fat: 0.2 g
- Cholesterol: 15 mg
- Carbohydrates: 2.6 g
- Dietary fiber: 0.2 g
- Sodium: 39 mg

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# Lucky Lotus Pocket with Prawn Paste (Makes 15)

## Directions

1. Mix prawn paste with half portion of spring onion, season with salt and pepper.
2. Spread 1 teaspoon of prawn paste in between 2 lotus slices.
3. Dust the lotus pockets with some cornstarch and pan fry till golden. Drain on paper towel.
4. Leave 1 tablespoon of oil in the pan, fry chilli, garlic and green onion till fragrant. Season with salt and pepper. Add the lotus pockets back with cooking wine. Stir fry till wine is cooked off.

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# Golden Prawn Pancake with Chives (Makes 30 small)

## Ingredients

- 1 cup all purpose flour
- 1 egg
- 1 cup water
- 115g chives, cut into 1 cm
- 1 carrot, grated
- 300 g cooked prawn, roughly chopped
- 1 red chilli, thinly sliced
- Sunflower or canola oil
- Salt
- Chilli sauce to taste

## Nutritional Information / piece

- Energy: 40 kcal
- Protein: 2 g
- Total fat: 1.8 g
- Saturated Fat: 0.2 g
- Cholesterol: 13 mg
- Carbohydrates: 4 g
- Dietary fiber: 0.5 g
- Sodium: 38 mg

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# Golden Prawn Pancake with Chives (Makes 30 small)

## Directions

1. Combine, flour, egg and water. Stir well.
2. Add chives, prawn, carrot and chilli. Season with salt. Mixed well.
3. Heat up 2 tablespoon of oil, drop 1 tablespoon of mixture into pan. Pan fry till golden on both side. Drain on paper towel.
4. Serve with chili sauce.

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