

许树洲师傅创制的养生料理，讲求五色养生。他结合各种天然色素的瓜果，色泽艳丽诱人。在口味上，他以人参汤来焖煮薏米，让薏米饱吸人参的清香和精华。把营养和口味都裹入意大利瓜薄片内，使得这道前菜，色彩丰富，赏心悦目。许师傅说，这道养生佳肴如果可以常吃，有助于强身健体，提高抵抗力。



### 香烤意瓜人参薏米卷

2人份

#### 用料

青意大利瓜1条、黄意大利瓜1条、橄榄油1大匙、粉红胡椒粒少许、可食用小花少许（随意）

#### 馅料

清油少许、小红葱茸1小匙、蒜茸1小匙、青灯笼椒粒1大匙、红灯笼椒粒1大匙、粟米粒1大匙、盐少许、胡椒粉少许、薏米250克（浸泡30分钟）、人参汤250毫升

#### 做法

1. 用削皮器把青色和黄色意大利瓜削成薄片，待用。
2. 准备馅料：烧热清油，炒香葱茸、蒜茸、青红灯笼椒粒和粟米粒，加入盐和胡椒粉调味。
3. 加入薏米和人参汤一起煮至滚后，转小火焖煮25分钟直至汤汁收干，静置待凉。
4. 预热烘炉至160°C。分别把馅料放上意大利瓜片上卷起，淋上橄榄油。
5. 把瓜卷放入烘炉烘烤30分钟，缀以粉红胡椒粒和食用小花即可。

### Baked Zucchini Wrap Infused with Ginseng and Barley

serves 2

#### Ingredients

1 green zucchini, 1 yellow zucchini, 1 tbsp olive oil, some pink peppercorns, some edible flowers (optional)

#### Filling

some oil, 1 tsp minced shallot, 1 tsp minced garlic, 1 tbsp diced green capsicum, 1 tbsp diced red capsicum, 1 tbsp corn kernel, some salt, some pepper, 250g barley (soaked for 30 mins), 250ml ginseng soup

#### Method

1. Slice green and yellow zucchini thinly with peeler. Set aside.
2. Prepare Filling: Heat up oil. Sauté minced shallot, garlic, green and red capsicums, and corn. Season with salt and pepper.
3. Add barley and ginseng soup, bring to a boil. Turn to low heat and simmer for 25 mins until water dries up. Leave to cool.
4. Preheat oven to 160°C. Roll up Filling in zucchini slices. Drizzle with olive oil.
5. Bake zucchini for 30 mins. Garnish with pink peppercorns and edible flowers.