



Serves: 4

# Steamed Pear with Dried Lily Bulbs and Dried Longan

## Ingredients

- China sweet pear 4
- Dried lily bulbs 20g
- Dried Longan Meat 30g
- Rock sugar 80g
- Water 3 cups

### Tips:

- Steaming is a healthy and low-fat cooking method that brings out the flavours of fresh ingredients.
- Replace sugar with fresh or dried fruit, fruit canned in natural juice or fruit juice.
- Fruit, vegetables, oats and beans are rich in soluble fibre which helps lower blood cholesterol levels.

## Method

- Wash dried lily bulbs and dried longans.
- Soak until tender and drain water.
- Wash rock sugar. Cook with 3 cups of water to make a syrup.
- Remove the top part of the China sweet pears including stems (about ½-inch) for the lids.
- Remove the cores of the China sweet pears, leaving the base intact.
- Add dried longan and lily bulbs into the pear. Pour in rock sugar syrup and cover with the pear lids.
- Steam for ½ hour. Serve hot.

### Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 143kcal  
Protein 1.0g  
Total fat (g and % of total calories)  
0.2g (1.2%)  
Saturated fat 0.007g  
Cholesterol 0mg  
Carbohydrate 35.8g  
Dietary Fibre 2.3g  
Sodium 5.9mg