

# Ginseng Chicken Stew

with Winter Melon



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## Ingredients:

- Chicken (leg, cut into cubes) 300gm
- Ginseng 30gm
- Winter melon 200gm
- Chicken stock 200cc
- Carrot (cube) 100gm
- Onion (sliced) 30gm
- Garlic (peeled, whole) 5gm
- Mushroom sauce 1 tbsp
- Seasoning (salt/pepper) to taste

Option:  
Chicken can be  
replaced with  
Pork/Lamb/  
Beef



Serving Size: 2 pax

## Method of cooking:

- Heat up a pot of water till boiling point
- Add in chicken and cook for 1 minute
- Drain water and wash chicken under running tap water, followed by drain dry
- Place the chicken, ginseng, carrot, onion, garlic, mushroom sauce, winter melon, and chicken stock into a slow cooker/pot
- Heat on low heat for 2 hours
- Drain the existing oil on the surface of the soup
- Season to taste
- Serve

## Tips

- Addition of root vegetables will help to sweeten the soup flavour

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