



SUP PUCUK PAKU BEREMPAH

Bahan-bahan:

200ml **Santan Kelapa M&S Lemak**

Dikurangkan

250g pucuk paku

2 sudu besar minyak masak

Bahan-bahan A:

2 ulas bawang putih, ditumbuk halus

8 biji cili padi, dihiris

Bahan-bahan B:

150g udang

200g isi ayam, dipotong nipis

1 sudu besar cili boh

½ kuntum bunga kantan, dihiris

20g bawang merah, dihiris

2 sudu besar jus limau nipis

1 sudu besar serbuk pati ayam

1 liter air

Garam secukup rasa

Cara Penyediaan:

1. Tumis bahan-bahan A dengan minyak masak sehingga naik baunya. Masukkan bahan-bahan B dan biarkan sehingga mendidih. Kecilkan api dan reneh selama 10 minit.
2. Masukkan **Santan Kelapa M&S Lemak** **Dikurangkan** dan pucuk paku. Kacau dan renehkan lagi selama 1-2 minit.

SPICY AROMATIC PAKU SOUP

Ingredients:

200ml **M&S Reduced Fat Coconut Milk**

250g young *paku* vegetables

2 tbsp cooking oil

Ingredients A:

2 cloves garlic, pounded finely

8 chili padi, sliced

Ingredients B:

150g shrimp

200g chicken meat, sliced

1 tbsp chili *boh*

½ stalk ginger flower, sliced

20g shallots, sliced

2 tbsp lime juice

1 tbsp chicken stock powder

1 litre water

Salt to taste

Method:

1. Saute Ingredients A with cooking oil until fragrant. Add in ingredients B, bring to boil, then reduce flame and simmer for 10 minutes.
2. Add in **M&S Reduced Fat Coconut Milk** and young *paku* vegetables. Simmer further for 1-2 minutes.