Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

# Chinese-Inspired Menu and Recipes

| Meal | Menu |
|---|---|
| **Breakfast** | • Minced chicken congee (jook) * |
| **Snack** | • Fruit<br>• Low-fat milk or soy milk |
| **Lunch** | • Chinese-style scrambled eggs with tomatoes *<br>• Choy sum<br>• White rice |
| **Snack** | • Roasted pork bun |
| **Dinner** | • Braised chicken, mushrooms, and chestnuts<br>• Stir-fried napa cabbage with dried shrimps *<br>• White rice |
| **Snack** | • Mixed nuts<br>• Fruit |

## Minced chicken congee (jook)

Adapted from www.madewithlau.com

Makes 4 servings.

- Prep time: 10 minutes
- Marinating time: 30 minutes
- Cooking time: 40 minutes
- Total time: 1 hour 20 minutes

## Ingredients

- 1 cup jasmine rice or long-grain rice
- 9 cups water
- 12 ounces chicken breasts or thighs, minced
- 2 teaspoons fresh ginger, cut into thin strips
- Salt

For the marinade:

- 2 teaspoons cornstarch
- 1 tablespoon oyster sauce
- 2 tablespoons water
- 2 tablespoons canola oil

For the garnish:

- 2 to 3 spring onions, chopped

## Instructions

1. Wash the rice with water in a bowl and drain. Repeat 3 times or until the water is clear.
2. Fill a large stockpot with the 9 cups of water and bring to a boil over high heat.
3. Mix the cornstarch, oyster sauce, water, and olive oil in a bowl to make a marinade. Add the minced chicken and mix well. Cover the bowl with plastic wrap and place it in the refrigerator. Let it marinate for at least 30 minutes in the refrigerator.
4. Once the water comes to a boil, add the rice. Cover the pot with a lid.
5. Once the water comes to a boil again, take off the lid and stir the rice with a whisk for about 30 seconds.
6. Cover the pot with the lid, leaving some open space to keep the congee

from overflowing. Reduce heat to medium low and simmer for about 30 minutes.

7. After 30 minutes, stir the congee with a whisk for 2 to 3 minutes to break up the rice into small and fluffy pieces.
8. Raise heat to high. Add the minced chicken into the pot slowly, loosen with the whisk, and make sure the congee covers the chicken.
9. Once the congee starts to boil again, lower heat to medium and cook for another 5 minutes or until the chicken is cooked through.
10. Add the strips of ginger and salt to taste. Take the pot off the heat.
11. Garnish with chopped spring onions.

### Nutrition information

Serving size: 1 cup

- Calories: 427 calories
- Carbohydrates: 38 grams
- Protein: 23 grams
- Fat: 19 grams
- Sodium: 210 milligrams
- Potassium: 232 milligrams
- Added sugar: 0 grams

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## Chinese-style scrambled eggs with tomatoes

Makes 2 servings.

- Prep time: 20 minutes
- Cooking time: 40 minutes
- Total time: 60 minutes

## Ingredients

- 3 medium tomatoes, cut into small wedges
- 3 large eggs
- 1 stalk green onion, finely chopped
- 1 teaspoon (about 2 slices) fresh ginger, smashed
- ¼ teaspoon salt
- 1 teaspoon sugar
- ½ teaspoon soy sauce (optional)
- 3 tablespoons water
- 2 tablespoons canola oil, divided

## Instructions

1. Crack the eggs into a bowl and season with the salt. Beat the eggs for 1 minute.
2. Heat a wok or large skillet over medium heat until it just starts to smoke. Add 1 tablespoon of oil into the wok.
3. Add the eggs into the wok and scramble until slightly set. Move the scrambled eggs to a plate right away and set it aside.
4. Add the other tablespoon of oil into the wok and raise the heat to high.
5. Add the ginger and brown it. Add the tomatoes. Stir-fry for 1 minute.
6. Add the sugar, salt, and water. Add the soy sauce, if you choose. Stir-fry for 1 minute.
7. Cover the wok and cook until the tomatoes are fully softened, about 2 minutes.
8. Uncover the wok and move the scrambled eggs back into the wok. Add the green onion.
9. Mix the scrambled eggs, green onion, and tomatoes together. Cook until the sauce thickens to your liking, about 1 to 2 minutes.

### Nutrition information

Serving size: 1½ cups

- Calories: 272 calories
- Carbohydrates: 10 grams
- Protein: 11 grams
- Fat: 22 grams
- Sodium: 342 milligrams
- Potassium: 554 milligrams
- Added sugar: 0 grams

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## Stir-fried napa cabbage with dried shrimps

Makes 2 servings.

- Prep time: 15 minutes
- Cooking time: 5 to 10 minutes
- Total time: 20 to 25 minutes

### Ingredients

- 2 tablespoons dried shrimp
- ¼ cup water
- ½ head napa cabbage
- 2 tablespoons cooking oil of choice
- 2 cloves garlic, peeled and smashed (optional)
- Sea salt to taste

## Instructions

1. Rinse the dried shrimp in running water. Soak it in ¼ cup of water for 30 to 60 minutes to rehydrate. Drain the water after soaking.
2. Wash the cabbage and slice it into 1-inch pieces. Make sure to separate the green leafy pieces from the thicker white pieces at the core.
3. Heat a wok or large skillet over medium heat until it just starts to smoke. Add the cooking oil and shrimp. Add the garlic, if you choose. Stir-fry for about 1 minute.
4. Add the thicker white pieces of the cabbage into the wok. Stir-fry for about 2 minutes.
5. Add 2 to 3 tablespoons of water to the wok to create more steam. Add the remaining cabbage. Stir-fry until the cabbage is softened, about 2 to 3 minutes.
6. Add salt to taste.

## Nutrition information

Serving size: 1 cup

- Calories: 171 calories
- Carbohydrates: 6 grams
- Protein: 7 grams
- Fat: 14 grams
- Sodium: 255 milligrams
- Potassium: 283 milligrams
- Added sugar: 0 grams

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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