

木瓜雞腳湯 Papaya Chicken Feet Soup Recipe

SERVINGS: 3-4 人份量

TIME 時間: 4 hrs/小時

1 個	木瓜	1 pc	papaya
一把	花生	1	handful of raw peanuts
5-10 只	雞腳	5-10 pc	chicken feet
半磅	瘦肉	½ lbs	lean meat

做法

1. 花生先用水泡一個小時。同時將木瓜去皮，切塊。
2. 將雞腳、瘦肉先過水。
3. 將全部湯料加入褒裡然後用明火煲 3 小時。

Directions

1. Soak the peanuts in water for an hour. In the meantime, peel the papaya (discard seeds) and cut it into chunks.
2. Blanch both the chicken feet and lean meat.
3. Add all the ingredients in a pot, bring the water to boil. Reduce to a simmer on medium heat for 3 hours.



Papaya contains an enzyme called papain that help aids digestion. This sweet tasty soup is a good source for opening up the appetite.

For more recipes visit www.powing.com

** Disclaimer: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Anyone currently under medication should consult their physician before taking any health supplements.*