

Episode 1420 – Lee Ann Wong

Breakfast Smoothie

Serves 4

Eat Well With Ming: Adding plain Greek yogurt to smoothies helps increase protein and will keep you full longer!

Allergy Free Note: shellfish free, peanut free, tree nut free, gluten free

Ingredients

2 cups fresh pineapple
2 cups fresh mango
1/3 cup ginger, small diced
1 cup cucumber, diced
1 cup spinach
¼ cup mint
1 cup crushed ice
1 cup water
1 cup plain Greek yogurt

1. Add all ingredients into a blender and blend until smooth.

Lilioquoi Love Cocktail

Serves 1

1 ½ oz. Bourbon
¼ oz. lavender simple syrup
1 1/2 oz. passionfruit juice
Splash of club soda to top it off

1. Add bourbon, lavender simple syrup and passionfruit juice into a cocktail shaker.
2. Add ice cubes and shake until cold to the touch. Pour into a rocks glass and top off with a splash of club soda to serve.

Eggs Haloa

Serves 1

Eat Well With Ming: Poi is high in vitamin E, known for its antioxidant activities that protect cells from free radicals.

Allergy Free Note: tree nut free, peanut free, shellfish free, soy free

Ingredients

8 oz. Kalo leaf-can use 8oz. wilted spinach as well
½ cup coconut milk
1 Poi biscuit, can substitute with a regular biscuit
2 poached eggs
Hollandaise
1 bunch scallions, sliced for garnish

1. Add kalo leaf to a hot pan with coconut milk. Mix together and sauté until well combined.
2. Cut biscuit in half and top each half with the kalo-coconut milk mixture.
3. Top each half with hollandaise and 1 tablespoon scallions for garnish.

Bread Fruit Fried Rice with Fried Egg and Crispy Spam

Serves 2

Allergy Free Note: shellfish free, peanut free, tree nut free, dairy free

Ingredients

Garlic oil
¼ cup spam, cut into small cubes
2 tablespoons ginger, diced
2 tablespoons garlic, minced
1 cup bread fruit, small diced
4 cups white rice, cooked and cooled
½ teaspoon soy sauce
2 eggs
1 jalapeño, sliced with seeds
1 cup Ong Choy, or fresh spinach leaves
1 bunch scallions, green part thinly sliced
6 slices of bread fruit, sliced thin on mandolin
Grapeseed oil
Freshy ground black pepper to taste

1. Add enough garlic oil to coat a medium sauté pan about 1/8 inch high. Add the spam and start to sauté to get it crispy. Cook until crispy, remove from sauté pan and drain on a plate lined with paper towels.
2. In a separate sauté pan, add 1 teaspoon garlic oil and sauté the ginger and garlic together until aromatic. Add the bread fruit in and season with freshly ground black pepper. Add the rice and soy sauce and mix together until everything is well combined.
3. In the pan that had the spam in it, wipe it out and add enough garlic oil to cover the whole bottom of the sauté pan. Bring the pan up to medium heat to get it nice and hot. Crack two eggs into a bowl and season with freshly cracked black pepper. Add the eggs to the hot oil to fry and top with the sliced jalapeño slices.
4. In a pot with grapeseed oil heated to 375F or in a fryer, fry the 6 slices of bread fruit until crispy. Drain and set aside for garnish.
5. In a serving bowl, lay the Ong Choy or spinach and top with the fried rice. Slide the fried eggs on top and garnish with the fried spam and scallions. Place the bread fruit chips around the outside and serve.

