

Champion Dish – Lan Kwai Fong Holdings Ltd.

蘭桂坊控股有限公司

Tian of Vegetables 雜菜大燴

Presented with sweet peppers and grilled artichokes.

Finished with arugula and roast pumpkin salad with toasted pinenut dressing.

Ingredients:

- 100 grams of kidney bean
- 100 grams lentils
- 100 grams carrots
- 100 grams cauliflower
- 1 large organic tomato.
- 1 avocado
- 50 grams of fresh arugula
- 50 grams of pine nuts (dry toasted)
- 1 small pumpkin
- 1 red belle pepper
- 1 green belle pepper
- 1 yellow belle pepper
- 150 grams of cooked artichoke
- bay leaf
- salt and pepper
- 50 mls white balsamic vinegar
- 50 mls olive oil
- 50 mls sunflower oil.
- 1 nutmeg.
- 10 grms of pistachio nut ground.
- 5 grams of smoked paprika.

