

Vitamin E



Vitamin E is a fat-soluble vitamin, which can be found in nuts, seeds, wheat germs, soybean oil, corn oils and sunflower oil, etc. It is a powerful antioxidant which modulates the immune functions, helping activate T-lymphocytes, a type of white blood cell that combats bacterial and viral attacks. Furthermore, vitamin E removes free radicals and protects cell membranes from oxidation.

Research has found that people with Vitamin E deficiency have a weakened immune system, which is associated with increased infectious diseases and the incidence of tumours.



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To boost the vitamin E intake, here are some recipe ideas.

Cauliflower, Almond And Turmeric Soup



Ingredients for two

- 1/2 large cauliflower (about 750g)
- 1/2 onion, thinly sliced
- 1-2 garlic cloves, chopped
- 1 teaspoon turmeric
- 1/2 teaspoon ground ginger
- 40g ground almonds (1/3 cup) (source of vitamin E)
- 500ml reduced salt chicken/vegetable stock
- 250ml reduced-fat milk
- 1 tablespoon sunflower oil (source of vitamin E)
- A small handful of whole almonds, crushed (for decoration)
- Salt and pepper
- 1/2 tsp ground or whole fenugreek (optional)

Method

1. Roughly chop the cauliflower, including the stalk
2. Add oil to a pan, then add the onion, garlic, turmeric, fenugreek (optional, but it enhances flavour), ground ginger and cauliflower stalks, and cook until soft
3. Add the ground almonds, then pour on the stock
4. Simmer for about 10 mins, then add the rest of the cauliflower
5. Simmer for 15 minutes, until the cauliflower is tender but not mushy
6. Add the milk, then mix in a blender until smooth
7. Add salt and pepper to taste
8. Top it off with some crushed almonds (or flaked) and it's ready to serve

IMPORTANT NOTE

The body needs different types of healthy fats so try to use a variety of oils to get a wider spectrum of nutrients and fatty acids.

Almond Chicken With Assorted Vegetables

This recipe uses almonds, red capsicum and sunflower oil as vitamin E rich ingredients. Almonds contain the highest vitamin E content of all nuts. Red capsicum has higher vitamin E content compared to other vegetables, and sunflower oil is rich in vitamin E.



Ingredients for two

- 40g almonds (1/3 cup) (source of vitamin E)
- 2 boneless and skinless chicken thighs
- 1 small stalk of celery, chopped
- 4 dried shitake mushrooms, sliced
- 1/2 red capsicum, sliced (source of vitamin E)
- 1/2 onion, sliced
- 250 ml (1 cup) reduced salt chicken broth
- 1-2 cloves of garlic, chopped
- 1 tablespoon soy sauce
- 1 teaspoon corn starch
- 1 teaspoon corn starch mixed with 1 teaspoon of water
- Some ground ginger
- Sunflower oil (source of vitamin E)
- Salt and pepper

Method

1. Roast the almonds until golden and fragrant
2. Cut the chicken thighs into chunks
3. Place the chicken thighs in a bowl, add soy sauce, corn starch, salt and pepper, and marinate for at least 15 to 20 minutes
4. Heat oil in a pan, sauté onion and ginger until fragrant
5. Add celery, red capsicum, and mushrooms, cook for 2 minutes or until tender, transfer to a plate and set aside
6. Add the marinated chicken in a pan and stir-fry for 3 minutes
7. Add the chicken broth and bring it to a boil
8. Add the vegetables and almonds to the pan with the chicken
9. Pour in the diluted corn starch and stir until the sauce thickens
10. Sprinkle with black pepper and cook for 3 more minutes, then it's ready to serve

IMPORTANT NOTE

Nuts provide us with vitamin E, healthy fat, also protein, fibre, and minerals such as zinc and selenium. These nutrients are essential to overall health and immunity which makes unsalted roasted nuts a healthy snack option. However, some nuts are higher in fat content as compared to others. Do check the food label or consult a dietitian to avoid overconsumption that may lead to weight gain.

維他命E



維他命E是脂溶性維他命，可在堅果、種子、小麥胚芽、大豆油、玉米油和葵花籽油等食材找到，亦是一種強大的抗氧化物，可調節免疫功能，也有助於激活白血球(T淋巴細胞)以對抗細菌和病毒的攻擊。此外，維他命E可清除自由基及保護細胞膜免受氧化。

研究發現，缺乏維他命E人士的免疫系統一般較弱，可能會增加感染和出現腫瘤的風險。



撰寫：註冊營養師陸肇麟

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椰菜花杏仁薑黃湯



材料 (二人份量)

- 半個椰菜花 (約 750 克)
- 半個洋蔥，切薄片
- 1-2 瓣大蒜，切細粒
- 1 茶匙薑黃
- 半茶匙薑粉
- 40 克杏仁碎 (1/3 杯)
- 500 毫升減鹽雞肉/蔬菜湯
- 250 毫升低脂牛奶
- 1 湯匙葵花籽油 (維他命 E 來源)
- 少許杏仁，壓碎 (用作裝飾)
- 鹽和胡椒
- 半茶匙完整的胡蘆巴籽或壓碎 (按個人喜好)

步驟

1. 將椰菜花切塊，包括莖部
2. 平底鍋加油，然後加入洋蔥、大蒜、薑黃、胡蘆巴籽 (可按個人喜好選，但可加強風味)、生薑和椰菜花莖，煮至軟身
3. 加入杏仁碎，再倒入雞肉/蔬菜湯
4. 煮約 10 分鐘，然後加入其餘的椰菜花
5. 煮 15 分鐘，直到椰菜花變軟但不要變成糊狀
6. 加入牛奶，然後攪勻至軟滑
7. 按喜好加點鹽和胡椒
8. 上碟時，加上杏仁碎或杏仁片，即可食用

重要提示

身體需要多種脂肪酸，故此建議烹飪時採用不同食油，以獲取多元化的營養素和脂肪酸。

杏仁雞柳配什錦蔬菜

這個食譜採用富含維他命 E 的材料，譬如杏仁便是果仁之王，維他命 E 的含量最高；紅辣椒的維他命 E 含量也較其他蔬菜優勝；葵花籽油的維他命 E 含量亦不錯。



材料 (二人份量)

- 40 克杏仁 (1/3 杯) (維他命 E 來源)
- 2 條去骨去皮的雞大腿
- 1 條西芹，切細粒
- 4 隻香菇，切片
- 半隻紅辣椒，切片 (維他命 E 來源)
- 半個洋蔥，切片
- 250 毫升 (1 杯) 減鹽雞湯
- 1-2 瓣大蒜，切細粒
- 1 湯匙豉油
- 1 茶匙粟粉
- 1 茶匙粟粉與 1 茶匙水混和
- 薑末少許
- 葵花籽油 (維他命 E 來源)
- 鹽和胡椒

步驟

1. 烤焗杏仁直到微金黃色
2. 將雞大腿成塊
3. 雞大腿放入碗內，加入豉油、粟粉、鹽和胡椒，醃至少 15 至 20 分鐘
4. 平底鍋內加油加熱，微微炒香洋蔥和薑
5. 加入西芹、紅辣椒和蘑菇，炒 2 分鐘直到嫩脆，轉到碟內，待用
6. 將醃好的雞肉放入鍋內炒 3 分鐘
7. 再加入雞湯，煮滾
8. 將蔬菜放回鍋內，並加入杏仁
9. 倒入稀釋的豆粉，炒至令醬汁變濃。
10. 撒上黑胡椒，再煮 3 分鐘，即可食用。

重要提示

堅果不僅提供維他命 E 和健康的脂肪，還提供蛋白質、纖維和礦物質 (如鋅和硒)。這些營養素對整體健康和免疫力至為重要，因此不添加油鹽的堅果也被視為健康的零食選擇。然而，部分堅果的脂肪含量高，建議閱讀食物標籤或諮詢營養師，以避免過度進食而令體重增加。