



Lau In-tung, Kary
Accredited Dietitian (Hong Kong
Academy of Accredited Dietitians
(HKAAD)), Council Member
(Hong Kong Nutrition Association
(HKNA))

The Sea's Finest, Cooked for Health

An essential source of protein in a balanced diet, fish is packed with various nutrients such as omega-3 fatty acids. With summer – the peak season of fish harvest – upon us, in this issue we have invited Lau In-tung, Kary, an Accredited Dietitian, to share with us the nutritional benefits of fish and some techniques for cooking it.

Nourishing Your Body with a Variety of Nutrients

Fish provides all 9 essential amino acids that our bodies cannot make on their own, making it a high-quality protein source that helps maintain muscle mass and repair body tissues. Kary points out that the omega-3 fatty acids in fish – particularly abundant in species like salmon and mackerel – help support cardiovascular health and aid in the development of the foetal nervous system. In addition, certain fish provide vitamin D as well as trace elements such as iron and iodine, which help strengthen bones, and support the proper functioning of red blood cells and the thyroid.

Lighten up Your Diet by Replacing Some Red Meat

Kary mentions that compared with red meat, most fish are lower in fat, and the fats they contain are mainly unsaturated, which help support cardiovascular health. Red meat, on the other hand, is higher in saturated fat, and overconsumption will increase the risk of developing cardiovascular problems. Replacing some red meat with fish can meet our protein needs while aiding in weight management. Fish is easy to chew and digest, and varieties without small bones (such as weaver) are especially suitable for the elderly and children. As for pregnant women, they should choose fish lower in mercury such as grey mullet and bigeye, and avoid predatory fish that are larger in size such as king mackerel and bluefin tuna.



**Baked Fish Fillet with Tomato and Onion
in Parchment Paper**

Nutrition tips: A tomato is used to bring out the fish's umami, and a splash of vegetable oil is added to help the body absorb lycopene.

**Rice in Shredded Ginger, Soybean Curd and
Salmon Soup**

Nutrition tips: This dish is easy to prepare, and both salmon and soybean curd provide the body with plenty of high-quality protein.



Recipes



Recipes



Choose Smart, Cook Well

When buying fish, keep in mind the following principles:

1. The eyes should be full but not sunken; the gills should be bright red instead of dark brown.
2. The flesh should be firm without unusual slime or smell on the surface.
3. The back and the tail are leaner cuts, while the belly, which is higher in calories, should not be consumed in excess. In addition, frozen boneless fish fillets are just as nutritious as the fresh ones and are convenient to handle, making them a good option.

When cooking fish, you may try adding ginger, spring onions, garlic, coriander, lemon juice or lemon zest to cut down on fishy odours, and reduce the use of high-sodium seasonings or salt. Kary also recommends steaming or baking instead of deep-frying at high temperatures, as this helps preserve the nutrients in fish while avoiding excessive calories intake.

Tips on Eating Fish When Eating Out

1. When eating out, stick to the principle of "steamed, light on sauce, and true to the original flavour".
2. For steamed dishes, request soy sauce and hot oil to be served on the side to control the amount yourself and reduce salt and fat intake.
3. Go for herb-grilled fish fillets, and avoid mixing too much butter into the side dishes (e.g. potatoes and vegetables).
4. Stay away from deep-fried or heavy-sauce dishes (e.g. Fried Fish Fillet in Creamy Corn Sauce, Sweet and Sour Fish), or Sichuan Poached Sliced Fish in Hot Chili Oil or Sichuan Fish with Pickled Mustard Greens, which are loaded with oil and salt.



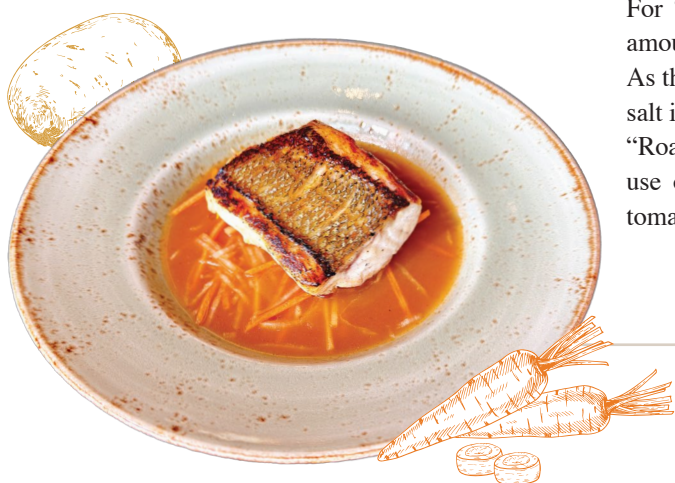
Cheng Kin-ping, Billy
Director of Culinary and Food & Beverage Operation,
Novotel Citygate Hong Kong

Healthy Eating: The Mediterranean Way

Olea is a three-star EatSmart Restaurant (ESR) located at Novotel Citygate Hong Kong in Tung Chung. Specialising in Mediterranean cuisine, the restaurant has participated in the “EatSmart Restaurant Star+” Campaign (ESR Star+ Campaign) since 2024, and has been dedicated to promoting a culture of healthy eating. With an open and comfortable environment, it allows customers to enjoy wholesome dishes while soaking up the laid-back Mediterranean vibe.

Using Natural Seasonings to Let Fresh Fish Shine

Cheng Kin-ping, Billy, the Director of Culinary and Food & Beverage Operations, introduces two signature “EatSmart Dishes” to the readers. For “Pan Fried Seabass with Potatoes and Fennel Stew”, only a small amount of oil is used to sear the fish, thus the tender texture is preserved. As the ingredients are braised in a homemade fish stock, the need for extra salt is cut down, resulting in a light and non-greasy flavour. The other dish, “Roasted Cod in the Mediterranean-style Served with Salsa”, minimises the use of oil through baking. It is served with a salsa made from cherry tomatoes and fresh herbs, which brings out the umami of the fish.



Pan Fried Seabass with Potatoes and Fennel Stew

The tender fish fillet is served in a savoury fish stock, offering a light taste and a wonderfully smooth texture.



Securing Tenderness by Using Seasonal Fish and Mastering the Heat

In terms of culinary technique, Billy insists on using sustainably sourced, seasonal fish, and has a firm grip on the heat and timing to make sure the fish is perfectly cooked while remaining moist. He stresses that minimising the amount of sauce covering the fish is the key to letting the natural taste of the ingredients shine through. Depending on the thickness, fat content and freshness of the fish, he will flexibly adjust the cooking method – for example, delicate seabass gets a quick pan-sear, and thicker cod goes in the oven. This perfectly demonstrates his fine understanding of the nature of each ingredient.

Roasted Cod in the Mediterranean-style Served with Salsa

Seasoned with homegrown fresh herbs, this dish fully captures the essence of Mediterranean cuisine.



Driving a Healthy Eating Culture through Active Promotion

Olea is an active participant in the ESR Star+ Campaign, promoting “EatSmart Dishes” to customers through menus, social media and promotional activities. Billy believes that the Campaign has encouraged his team to take a closer look at the nutritional content of the dishes, enhanced the staff’s awareness of healthy cooking, and aided in elevating the restaurant’s image. Through carefully choosing seasonal ingredients, precisely controlling the cooking temperature, and using natural seasonings, the restaurant aims to serve customers with healthy and delicious dishes.



Chan Kin-man, Jeff
Chef de Cuisine, I-O-N

Capturing the French Charm with Healthy Seafood Delights

A Western restaurant located at Nina Hotel Kowloon East in Kwun Tong, the three-star ESR I-O-N specialises in innovative Chinese-Western fusion cuisine and provides a wide selection of healthy delicacies. Under the leadership of Chan Kin-man, Jeff, the Chef de Cuisine, the restaurant redefines healthy Western cuisine through natural herbs, spices, fresh vegetables, and precise culinary techniques.



Garlic-baked Seabass with Cajun Roasted Vegetables

Served with mixed sweet peppers, long-stem broccoli and baby carrots, the dish gives a light and refreshing taste, which is perfect for the hot summer.

Mastering Seafood Flavours through Baking and Slow-cooking

The restaurant offers a range of “EatSmart Dishes”, which have become favourites among health-conscious diners. Take “Garlic-baked Seabass with Cajun Roasted Vegetables” as an example, the seabass, which is low in fat and high in protein, is seasoned with garlic, Italian parsley and a touch of Cajun spice to lift the overall aroma and bring out the umami of the fish. This cuts down on the need for high-sodium seasonings while adding depth of flavour to the dish. Another signature dish, “Lobster South France Fish Stew”, inspired by the classic seafood soup from the South of France, features lobster, seabass, salmon and clams as its main ingredients. To make the stock, Jeff starts by pan-frying the fish bones until they are fragrant, then adds vegetables and fennel and stir-fries them until they become tender. Lastly, he adds saffron, tomatoes and orange flesh, and leaves the ingredients to simmer to completely draw out their natural flavours.

Cooked-to-order Fresh Fish for Authentic Taste

To ensure the umami of the fish is preserved, Jeff explains that he only uses freshly caught fish. Preparing the seafood and the fish stock separately, he adds the fish stock to poach the seafood just before serving. This effectively prevents the seafood from being overcooked. He also mentions that turning the fish as little as possible can help the natural juices stay locked in, ensuring the fish is tender and succulent.



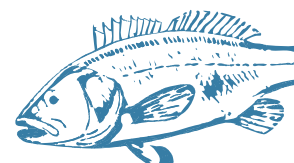
Sticking to the “EatSmart” Philosophy

Jeff observes that the public has been paying more and more attention to healthy eating in recent years. That is why the restaurant has taken the initiative to join the ESR Star+ Campaign, informing customers of the origins and quality of the ingredients while promoting its philosophy of healthy eating. The goal is to serve healthy and delicious food while enhancing the brand image and credibility of the restaurant.



Lobster South France Fish Stew

Made with a variety of seafood, the stock is rich but not greasy.



Food Expo

The Hong Kong Trade Development Council Food Expo draws hundred thousands of visitors each year and has always been a big hit. Building on this momentum, the ESR Star+ Campaign returned to participate in the 36th Food Expo from 13 to 17 August this year. The Department of Health (DH) set up a large-scale promotional booth this time, introducing the ESR Star+ Campaign to the public and handing out promotional materials. The booth also featured interactive games to enhance visitor engagement, and those who successfully completed the games could receive souvenirs. The public not only could learn the principle of healthy eating in a relaxed and enjoyable atmosphere, but also could pick up some EatSmart recipes that are easy to make at home.

Besides setting up the large-scale promotional booth, the ESR Star+ Campaign also hosted two talks on healthy eating cum ESR cooking demonstrations on the Entertainment Stage at the exhibition hall during the event period. While a dietitian from the DH shared some practical healthy eating tips and engaged the audience in interactive prize games, two selected ESRs, so330 and I-O-N (Kwun Tong), were also invited to demonstrate how to prepare their carefully designed “EatSmart Dishes” onsite, showcasing them to the public for wider exposure.

▼ The DH set up a large-scale promotional booth at the venue to introduce information regarding the ESR Star+ Campaign to the public.



▼ Two ESRs demonstrated how to prepare the selected dishes onsite.

Grilled Scallop, Pumpkin and Sweet Potatoes Risotto



Spinach Pesto Spaghetti with Grilled Portobello Mushroom



Festive EatSmart Dishes Promotion

During festive seasons, many people love to get together with their families and friends over good food. That is why the ESR Star+ Campaign will provide free promotion of the festive “EatSmart Dishes” on its social media pages for the ESRs, giving these restaurants exposure while promoting a culture of healthy eating.

To participate in the promotion or for enquiries, please contact the Secretariat of the Campaign at 3151 7637 or 3151 7645.

“EatSmart Restaurant Star+”
Facebook page

“EatSmart Restaurant Star+”
Instagram

SEP Mid-Autumn Festival DEC Winter Solstice & Christmas



 WeChat

香港特區政府衛生署
HKSAHDH



 Instagram

衛生防護中心
Centre for Health Protection



 Facebook

衛生防護中心
Centre for Health Protection



 Youtube

衛生防護中心
Centre for Health Protection



 WhatsApp

衛生防護中心
Centre for Health Protection