

## Watercress Soup

### Ingredients:

- 1 catty of watercress
- 200 g lean pork (or pork muscle)
- 2 dried honey dates
- 50 g almonds (南北杏)
- 1 dried mandarin peel (果皮)
- a little salt
- 1 piece of ginger

### Directions:

1. Soak honey dates and mandarin peel in a bowl of water.
2. Clean watercress very well.
3. Boil a pot of water, then put in cut pork meat , mandarin peel and cook about 15 minutes and put in watercress . Add in almonds, sliced ginger and honey dates. Cook (low heat) about 2 1/2 hours.
4. When the soup is cooked, add a little salt.

Serves: 4