



Celebrate Good Health & the New Year

Health. Happiness. These two aspects are generally considered the key to successful wellbeing. Seems simple enough. Yet the search for good health seems to be a never-ending journey. For most of us, it is filled with decisions and challenges this technological age presents to us. Medical advancements that should be helping us instead bring on new side effects. Some foods that have become commonplace simply isn't healthy for you.

And the more we try to follow the latest diet trends, the more complicated the road to health becomes. At Yummy Times, we keep it simple. Listen to your body. Listen to nature. And be balanced. That is the key to good health.



Strike Balance in Chinese New Year

Food is central to many festive holiday celebrations. It is a wonderful way to connect with others and in turn enjoy life. After the Christmas and New Year's holidays, the Chinese New Year celebrations may seem like a challenge for the weight conscious, but there is no need to worry!

According to Chinese tradition, we are what we eat, and most dietary guidelines are taken from nature. It follows that even during festivities, many of the dishes are prepared using seasonal ingredients. This not only means the food is tasty and fresh, but can bring great health benefits too.

Understanding the meaning behind each ingredient used in Chinese New Year dishes and striking a balance is a fun and healthy way to celebrate the New Year with family and friends. In Australia, we are blessed with fresh, seasonal produce that is in line with the Chinese New Year celebrations!



Whole Fish

The key to this dish is to serve the fish whole with head and tail intact to represent a good beginning and a good end for the coming year. Serving fish this way also symbolises wealth and prosperity, as the Chinese word for fish, 'yu,' sounds like the word for abundance. As for health benefits, including fish in your diet is a great way to get essential fats and protein. Atlantic Salmon, Barramundi, Bream, Dory, Flathead are all at their peak and in plentiful supply during this Chinese New Year time in Australia.

Oranges & Tangerines

Since the Chinese word for orange and tangerine sound similar to 'gold' and 'luck' respectively, eating these citrus fruits is said to bring wealth and good luck. In Australia, February and March is when Valencia Oranges are in season and readily available, so reap the benefits of these vitamin C powerhouses while they are at their prime.

Long Noodles

The longer the noodle, the longer the life-span, or so the belief goes.

Jiaozi Dumplings

The shape of the dumplings is said to resemble old ingot-shaped coins, or yuanbao, and will bring prosperity and wealth. It's tradition to eat them at midnight on New Year's Eve, and hide a clean coin inside one of the dumplings.

Lettuce Wraps

In Cantonese, the word for lettuce sounds like rising fortune, which makes lettuce-wrapped foods popular at this time of year.



Mama's Wok Chinese Restaurant offers many symbolic Chinese New Year dishes on their extensive menu. Their lettuce wraps are made using fresh organic produce from local markets and are filled with 100% Australian beef. As a snack or appetiser, each delicious mouthful offers a healthy balance of protein, carbohydrates and fats. Mama's Wok's San Choy Bao deserves a healthy 4 stars on our Yummy Stars rating system. Accompanied with other popular Chinese New Year dishes such as dumplings, noodles and fish, you've got a balanced start to the New Year in 2015.

At many Chinese Restaurants, ordering the Coral Trout will be a sure winner this Chinese New Year. Featuring the entire fish, it can be cooked and prepared in many ways - usually steamed with fresh mushrooms or stir-fried with vegetables. The Sweet and Sour Barramundi is another delightful choice, served head to tail and dressed in a delicious sauce. Caught literally moments before hitting the table, these live seafood options offer superb nutritional value, and are an environmentally sustainable choice at the same time.

At Yummy Times we hope you keep these tips in mind to help you eat seasonably during the New Year.



Mama's Wok Chinese Restaurant

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Photos courtesy of Mama's Wok Chinese Restaurant