

In support of



A Healthy Community for All



GO-GOTONG
ROYONG-GO!

Our Neighbourhood Potluck

Recipes for the food we love
with a healthier twist





Cutting down on salt and sugar is easier when we do it together

The food we love nourishes the people we love. It is also the spice of life that brings us together and raises our spirits.

This recipe booklet is dedicated to our community, as we come together on a journey to be healthier—one delicious dish at a time!

Eating healthier is just so much easier when we are there for each other. Flip through these pages and discover small changes we can make to embrace a healthier lifestyle together.



Bubur Lambuk

SERVINGS

4

PREP TIME

15 minutes

COOKING TIME

1 hour

INGREDIENTS

Big red onion, 1 (peeled)
Garlic, 8 cloves (peeled)
Knob ginger, 5 cm (peeled)
Ground cumin, 1 teaspoon
Ground coriander, 1 teaspoon
Black peppercorns, ½ teaspoon
Ground turmeric, ½ teaspoon
Water, 100 ml
Healthier oil*, 2 tablespoons
Lemongrass, 1 stalk (white part)
Cinnamon, 1 stick
Cardamom pods, 3
Star anise, 1
Cloves, 5
Lean beef mince, 200 g
Tri-colour wholegrain rice,
200 g (washed and drained)
Water, 1500 ml
Frozen sweet corn, 150g
Frozen green peas, 150g
Reduced fat coconut milk, 200g
Lower-sodium salt*, 1 teaspoon

To serve (Egg omelette)

Eggs, 2
Healthier oil*, 1 teaspoon
Spring onions, 1 tablespoon (chopped)
Coriander, 1 tablespoon (chopped)

METHODS

1. Add red onion, garlic, ginger, ground cumin, ground coriander, black peppercorns and ground turmeric to a blender with 100ml water and blend into a smooth puree.
2. Heat a medium sized pot with healthier oil, then add the puree mixture into the pot to saute until fragrant.
3. Add in lemongrass, cinnamon, cardamom, star anise and cloves into the pot and saute for another 5 minutes until the oil starts to temper.
4. Add in the lean beef mince to brown for another 3 minutes before adding the tri-colour wholegrain rice and water.
5. Cover the pot and let it cook for 40 minutes on low heat.
6. Add in the frozen sweet corn, peas, reduced fat coconut milk and lower-sodium salt and stir well.
7. Cover again and let the porridge cook for another 30 minutes until it has thickened nicely.
8. In the meantime, brush a non-stick pan with healthier oil. In a separate bowl, beat eggs until bubbly, then pour over the hot pan to make an omelette.
9. Serve with egg omelette cut into strips and garnish with spring onions and coriander leaves.

SERVINGS

10

PREP TIME

6 hours

COOKING TIME

10 minutes

INGREDIENTS

Katira gum, 1 tablespoon

Basil seeds, 1 tablespoon

Melva nut (kembang semangkuk),
3 pieces

Dates, 3 pieces (chopped)

Almonds, 1 tablespoon (roughly
chopped)

Pandan leaves, 4 pieces (cleaned
and cut into 2 inch pieces)

Water, 300 ml

Sugar[^], 2 tablespoons

Low-fat plain milk^{*}, 1 liter

METHODS

1. Place katira gum, basil seeds, melva nut and dates into separate bowls then pour enough water to cover the ingredients. Let them soak for 6 hours.
2. After the ingredients are sufficiently soaked, bring the water to a boil, then add the pandan leaves and sugar. Let it simmer for about 5 to 10 minutes on low heat to extract the pandan flavour.
3. When ready to serve, strain the pandan sugar water and add the low-fat plain milk along with the rest of the soaked ingredients.
4. Stir well before serving cold.

^{*}Choose products with the Healthier Choice Symbol

[^]For a lower-calorie option, you can replace with
sugar substitutes like stevia or sucralose



Air
Katira



Laksa Goreng with Grilled Fish

SERVINGS

4

PREP TIME

10 minutes

COOKING TIME

20 minutes

INGREDIENTS

For the grilled fish

Saba or mackerel fish, 1 fillet
Turmeric powder, 1 teaspoon
Lower-sodium salt*, ½ teaspoon
Healthier oil*, 1 teaspoon

For the laksa goreng paste

Healthier oil*, 3 tablespoons
Big red onion, 1 (peeled)
Garlic, 4 pieces (peeled)
Ginger, 5 cm (peeled)
Fresh red chillies, 4 (adjust to taste)
Bird's eye chillies, 3 (adjust to taste)
Lower-sodium ikan bilis powder*, 1 teaspoon
Turmeric powder, 1 teaspoon
Daun kesom (laksa leaves), 1 handful

For the laksa goreng

Chye sim (or sawi), 1 cup (chopped)
Beansprouts, 1 cup
Laksa noodles or thick bee hoon, 200g
(soaked in warm water then drained)
Wholegrain yellow noodles*, 200g
(soaked in warm water then drained)
Daun kesom (laksa leaves), 1 handful
Lower-sodium salt*, 1 teaspoon

To garnish

Cucumber, 1 (juliened)
Coriander leaves, 1 handful (chopped)

METHODS

1. Prepare the fish by cleaning and patting it dry with a kitchen towel. Mix all the ingredients for the fish together, then place on a piece of aluminum foil.
2. Place the fish in an air fryer and grill at 200 degrees Celsius for 15 to 20 minutes, or grill on a pan on the stove for 10 minutes on each side.
3. To prepare the laksa goreng, add healthier oil, red onion, garlic, ginger, all of the chillies, lower-sodium ikan bilis powder, turmeric powder and laksa leaves into a blender and blend into a smooth puree. Add in a splash of water if needed.
4. Add the puree mixture into a wok and saute on medium low heat until the oil starts to separate.
5. Add in another handful of laksa leaves, sawi and the prepared laksa noodles along with salt.
6. Turn up the heat to high then stir vigorously until everything is well combined.
7. Serve with more laksa leaves, juliened cucumbers and the grilled fish.



Bring out the flavour with more spices, and less salt

Korean Pancake

SERVINGS

6

PREP TIME

10 minutes

COOKING TIME

10 minutes

INGREDIENTS

Spring onions, 4 stalks
Medium red onion, 1
Medium carrot, 1
Enoki mushrooms, 1 packet
Wholegrain flour*, 75g
Lower-sodium salt*, ½ teaspoon
Water, 50-75g
Egg, 1
Healthier oil*, 1 teaspoon

For the dipping sauce

Reduced salt light soy sauce*,
1 tablespoon
Chilli flakes, 1 teaspoon
Toasted sesame seeds, 1 teaspoon

*Choose products with the Healthier Choice Symbol

METHODS

1. Cut spring onions into 1 inch pieces.
2. Peel and cut red onions and carrots very thinly using a sharp knife, then cut carrots into matchsticks.
3. Cut the roots off the enoki mushrooms and cut into 1 inch pieces.
4. To a bowl, combine the cut vegetables, wholegrain flour, lower-sodium salt and 50g of water, along with egg.
5. Stir to mix everything well. If the batter is too thick, gradually add more water until it becomes a nice consistency just enough to coat the vegetables.
6. Heat a medium sized pan with healthier oil, then use a piece of kitchen towel to spread the oil all over the pan.
7. Ladle one scoop of the pancake batter onto the pan and spread it as thinly as possible.
8. Cook on medium low heat for 3 to 4 minutes on each side. Repeat until all the batter is cooked. Cut into strips before serving.
9. To serve, combine ingredients for dipping sauce into a small bowl.



Wholegrain flour is a
nutrition-packed alternative





Ikan Bakar with Roasted Veggies & Sambal Belacan Yoghurt Sauce

SERVINGS

4

PREP TIME

10 minutes

COOKING TIME

30 minutes

INGREDIENTS

For the ikan bakar

Sea bass, 1 whole (cleaned and gutted)

Turmeric powder, 1 teaspoon

Chilli powder, 1 teaspoon

Cumin powder, 1 teaspoon

Coriander powder, 1 teaspoon

Lower-sodium salt*, ½ teaspoon

Healthier oil*, 1 teaspoon

For the roasted veggies

Carrots, 2 (cut lengthwise)

Zucchinis, 2 (cut lengthwise in chunks)

Lower-sodium salt*, ½ teaspoon

Black pepper,

½ teaspoon (coarsely ground)

Healthier oil*, ½ teaspoon

For the sambal belacan yoghurt sauce

Red chillies, 4 (deseeded)

Green chillies, 4 (deseeded)

Bird's eye chillies, 4 (deseeded)

Calamansi limes, 3 (halved and deseeded)

Toasted belacan powder, ½ teaspoon

Sugar, ½ teaspoon

Salt to taste

Low-fat unflavoured yoghurt*, 1 tablespoon

METHODS

1. Preheat oven or air fryer to 200 degrees Celsius.
2. Pat dry the fish on a baking tray and add all the ingredients for the ikan bakar. Rub the marinade all over the fish well.
3. Combine carrots, zucchinis, black pepper, lower-sodium salt and healthier oil in a bowl, then mix well.
4. Place carrots and zucchinis on the baking tray around the fish.
5. Grill in the oven or air fryer for 20 to 30 minutes, until the fish is golden brown and crispy, and the vegetables are cooked.
6. In the meantime, add chillies, limes, belacan powder and sugar into a pestle and mortar and pound them into a coarse paste.
7. Adjust the seasoning to your liking, then add in the low-fat unflavoured yoghurt and mix well.
8. Serve fish and vegetables with the sambal belacan yoghurt sauce.

SERVINGS

6

PREP TIME

5 minutes

COOKING TIME

30 minutes

INGREDIENTS

For the chicken drumlets

Chicken drumlets, 1 kg (separated)

Healthier oil*, 1 tablespoon

Garlic powder, 1 tablespoon

Onion powder, 1 tablespoon

Smoked paprika, 1 teaspoon

Lower-sodium salt*, 1 teaspoon

For the ranch sauce

Low-fat unflavoured yoghurt*, ½ cup

Dried dill, 1 teaspoon

Dried parsley, 1 teaspoon

Onion powder, 1 teaspoon

Garlic powder, 1 teaspoon

Lower-sodium salt*, ½ teaspoon

Black pepper, ½ teaspoon

METHODS

1. Preheat oven or air fryer to 200 degrees Celsius.
2. Pat dry the chicken drumlets using a kitchen tissue.
3. Add the healthier oil, garlic powder, onion powder, paprika and lower-sodium salt into a small bowl and mix well.
4. Add half of the marinade to the chicken and mix well until all the chicken is covered in the marinade.
5. Place chicken drumlets onto a baking tray and bake for 15 minutes, then pull the chicken out and brush the remaining marinade onto the chicken. Place the chicken back into the oven and let it cook for another 10 to 15 minutes.
6. Prepare the ranch sauce by adding all the ingredients into a bowl. Mix it until well combined.
7. Serve chicken drumlets with the ranch sauce.

*Choose products with the Healthier Choice Symbol



Choosing lower-sodium salt helps to reduce your daily salt intake

Baked Chicken Drumlets with Ranch Sauce



Savoury Breakfast Crepes

SERVINGS

4

PREP TIME

30 minutes

COOKING TIME

10 minutes

INGREDIENTS

For the crepes

Large eggs, 2

Low-fat plain milk*, 1 cup

Water, ¼ cup

Unsalted butter, 2 tablespoons
(melted)

Wholewheat flour*, 1 cup

Lower-sodium salt*, ¼ teaspoon

Healthier oil*, 1 teaspoon

For the fillings

Lean chicken, 200g (minced)

Dried oregano, ½ teaspoon

Garlic powder, ½ teaspoon

Lower-sodium salt*, ¼ teaspoon

Healthier oil*, 1 teaspoon

Large eggs, 2 (beaten)

Lower-sodium salt*, ¼ teaspoon

Black pepper, ½ teaspoon
(coarsely ground)

Medium tomatoes, 2

METHODS

1. Prepare the crepes by adding all the ingredients into a blender and blending for 30 seconds. Let the batter sit for 30 minutes.
2. Coat a heated non-stick pan with 1 teaspoon healthier oil, then spread the oil with a piece of kitchen paper.
3. Pour ½ cup of batter onto the oiled pan, then spread the batter thinly by swirling and tilting the pan.
4. Cook the crepe for 40 to 60 seconds on medium low heat, then use a thin spatula to flip the crepe. Continue until all the batter is completed.
5. Using the same pan, add 1 teaspoon healthier oil, then minced chicken along with the dried oregano, garlic powder and lower-sodium salt. Stir to mix the spices properly into the chicken.
6. Cook on medium low heat for about 3 to 5 minutes until the chicken is cooked. Remove and set aside.
7. Using the leftover oil from the chicken in the pan, add beaten eggs along with lower-sodium salt and pepper. Let the eggs cook for about 30 seconds then use a spatula to scrape the eggs from the centre to the side of the pan. Let the eggs cook again for 30 seconds before repeating until the eggs are cooked.
8. Slice tomatoes in thick cuts, then place tomatoes on the same pan to slightly char them.
9. Serve crepes by folding them into triangles, then plate with a side of the chicken sausage mince, eggs and tomatoes.

*Choose products with the Healthier Choice Symbol



Reduce saturated fat by opting for healthier choice ingredients

SERVINGS

4

PREP TIME

10 minutes

COOKING TIME

30 minutes

INGREDIENTS**For the ayam percik**

Boneless chicken thighs, 4 pieces
(visible fat removed)

Medium red onion, 1

Garlic, 8 cloves

Lemongrass, 2 (white part only)

Ginger, 1 inch

Fresh red chillies, 2

Candlenuts, 2

Reduced fat coconut milk,
2 tablespoons

Brown sugar, 1 teaspoon

Lower-sodium salt*, 1 teaspoon

Lime juice, 1 teaspoon

For the ulam slaw

Wing beans, 10 pieces (sliced thinly)

Medium sized carrot, 1 (julienned)

Cucumber, 1 (julienned)

Lime juice, 1 teaspoon

For the wrap

Frozen wholemeal chapati,
4 pieces (cooked)

METHODS

1. Place red onion, garlic, lemongrass, ginger, chillies, candlenuts, sugar, lower-sodium salt and lime juice into a blender and blend into a smooth paste.
2. Add in reduced fat coconut milk, then blend again.
3. Pour the paste into a bowl along with the chicken, then place in fridge to marinate for at least 1 hour.
4. When ready to cook, preheat oven or air fryer to 200 degrees Celsius.
5. Place chicken onto a baking tray and grill in the oven or air fryer for 20 to 25 minutes, until chicken is crispy and golden brown.
6. Prepare the ulam slaw by combining all the ingredients together and mixing them well.
7. To serve, cut the chicken into strips. Place the cooked wholemeal chapati onto a plate, then layer with the ulam slaw and top with the cooked chicken.

*Choose products with the Healthier Choice Symbol



Ayam Percik Wrap
with Refreshing Ulam Slaw

Our _____

Recipe

INGREDIENTS

METHODS

Sayang less sugar, more spice,
makes everything nice!

Our

Recipe

INGREDIENTS

Lined area for writing ingredients.

METHODS

Lined area for writing methods.

Sprinkle your dish with more love, less salt, ok?

Our _____ Recipe

INGREDIENTS

METHODS

Use *wholegrains* for more
wholesome memories!

OUR
Grocery
LIST

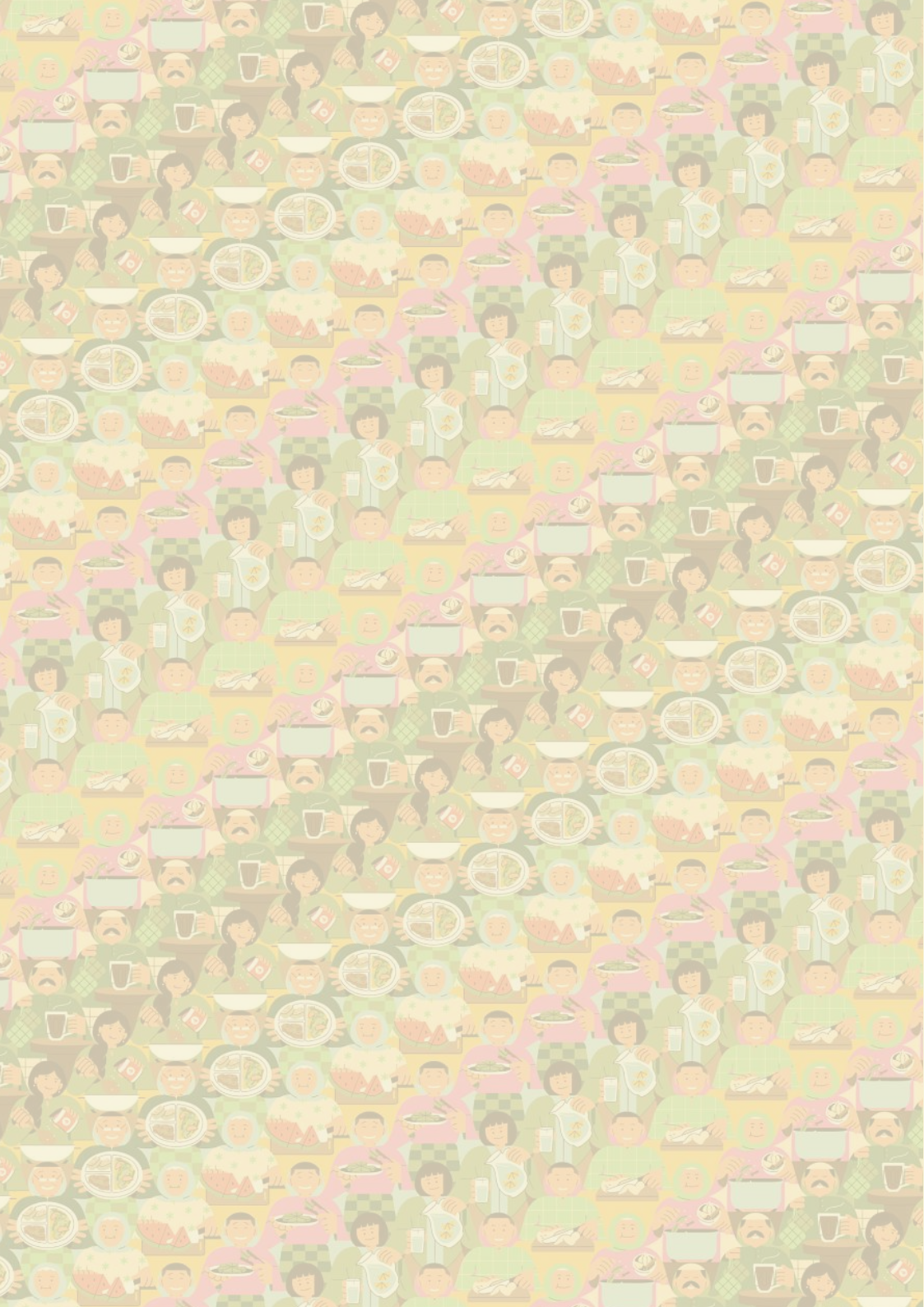
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How many Healthier Choice Symbol (HCS) items are on your list today?

OUR
Grocery
LIST

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What herbs and spices are you using to keep your meals flavourful?



OUR Grocery LIST

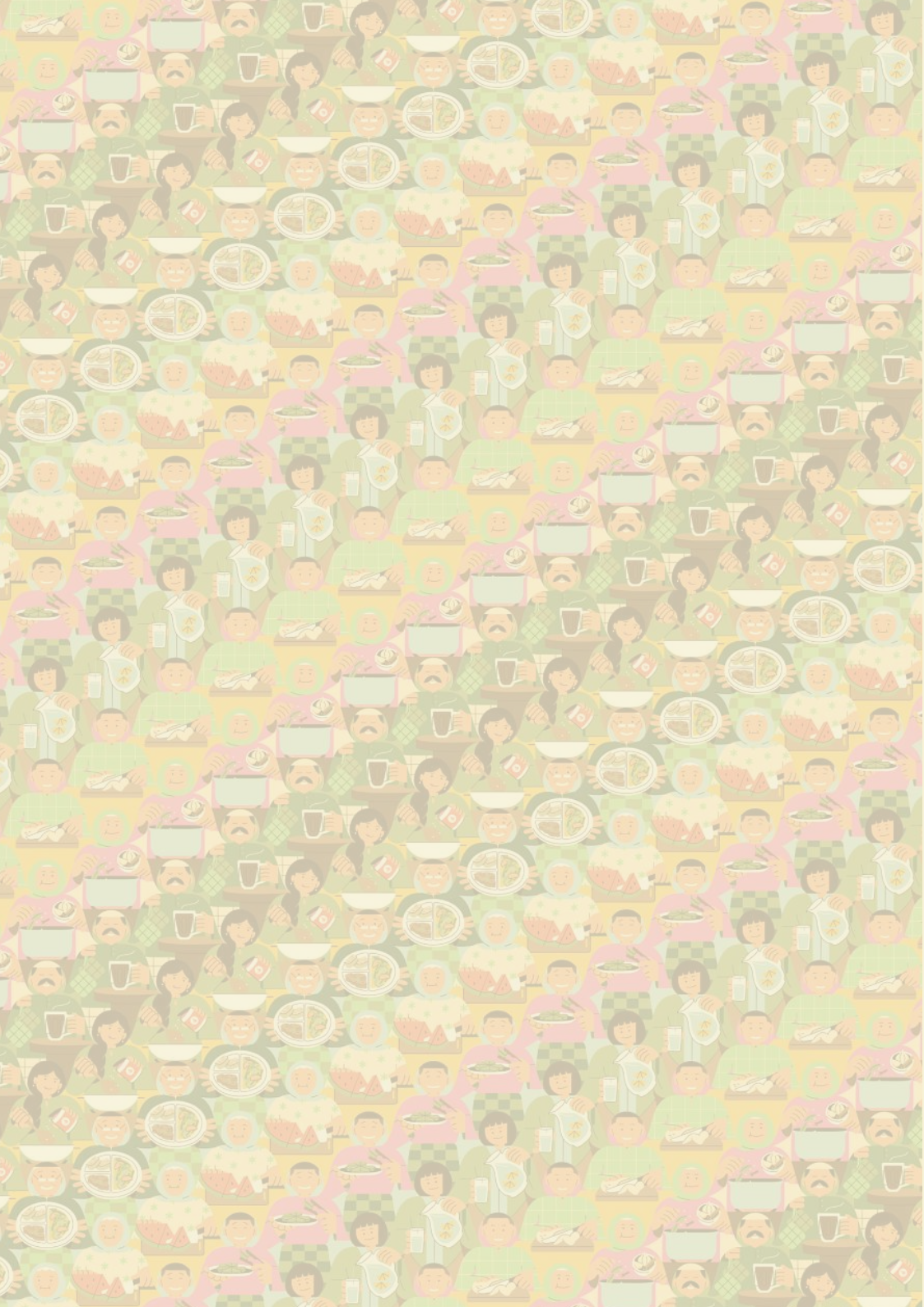
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What wholegrain options have you picked today?

OUR Grocery LIST

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How many Nutri-Grade A and B drinks are on your list?



Korang OK?

