

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.



# Chicken & Avocado Wholegrain Crostini

by Chef Mel Dean

## SERVINGS

4

## PREP TIME

15 minutes

## COOKING TIME

10 minutes

## INGREDIENTS

### For the crostini

Wholegrain baguette\*, 6 slices

Olive oil\*, 2 light mist sprays

Medium avocado, 2

Lemon juice, 1 tablespoon

Black pepper, pinch

Lower-sodium salt\*, pinch

### For the chicken

Boneless skinless chicken fillet,  
200g (diced)

Garlic, 2 cloves (minced)

Lower-sodium light soy sauce\*, 1 teaspoon

Lemon juice, 1 teaspoon

Olive oil\*, 1 tablespoon

Black pepper, pinch

### To garnish

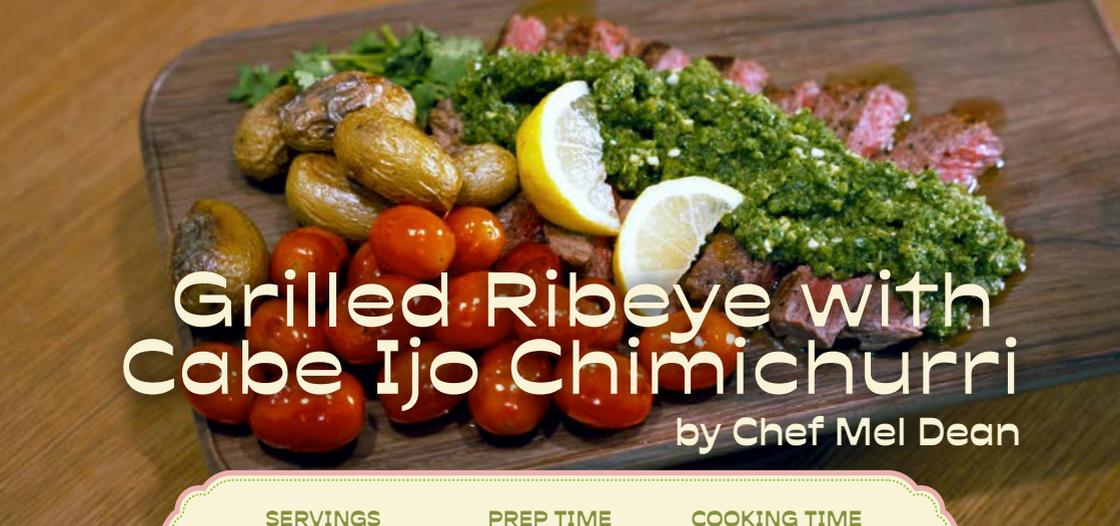
Fresh basil, 2 tablespoons (finely chopped)

Red chili, 1 piece (seeded, thinly sliced)

Toasted sesame seeds, 2 teaspoons

## METHODS

1. Preheat oven to 170 degrees Celsius. Arrange baguette slices on tray and mist lightly with olive oil spray. Bake for 6–8 minutes until crisp.
2. In a bowl, mash avocado with lemon juice, black pepper and a light pinch of lower-sodium salt. Set aside.
3. Heat olive oil in a non-stick pan over medium-low heat. Add garlic and sauté until fragrant. Add chicken and cook for 5–7 minutes or until fully cooked through.
4. Season chicken with lower-sodium soy sauce, lemon juice and black pepper. Remove from heat and allow to cool slightly.
5. Spread avocado mixture evenly over each crostini. Top with cooked chicken pieces.
6. Garnish with fresh basil, chili and optional toasted sesame seeds before serving.



# Grilled Ribeye with Cabe Ijo Chimichurri

by Chef Mel Dean

**SERVINGS**

4

**PREP TIME**

20 minutes

**COOKING TIME**

15 minutes

## INGREDIENTS

### For the beef

Ribeye or sirloin steak, 600g (*trimmed*)

Lower-sodium salt\*, 1 teaspoon

Black pepper, 1 teaspoon

Olive oil\*, 1 tablespoon

### For the cabe ijo chimichurri

Green chili, 200g (*sliced*)

Garlic, 1 clove (*minced*)

Olive oil\*, 2 tablespoons

Coriander, 150g (*finely chopped*)

Fresh parsley, 150g (*finely chopped*)

Lemon juice, ½ tablespoon

### For the roasted sides

Baby potatoes, 300g (*halved*)

Cherry tomatoes, 150g (*whole*)

Olive oil\*, 1 teaspoon

Lower-sodium salt\*, pinch

Black pepper, pinch

## METHODS

1. Preheat oven to 190 degrees Celcius. Toss baby potatoes with olive oil, black pepper, and optional lower-sodium salt. Roast for 15–18 minutes.
2. Add cherry tomatoes to the tray during the last 8 minutes of roasting.
3. Pat ribeye dry and season with lower-sodium salt and black pepper.
4. Heat olive oil in a grill pan and sear ribeye for 2½–3 minutes per side for medium doneness. Rest for 5 minutes before slicing.
5. Sauté sliced green chilli in olive oil just until aromatic (do not brown). Remove from heat.
6. Combine sautéed green chilli with garlic, basil, parsley, lemon juice to form chimichurri.
7. Slice rested steak and plate with roasted potatoes and tomatoes.
8. Spoon chimichurri over the beef just before serving.

\*Choose products with the Healthier Choice Symbol

- Rest the steak to retain juices.
- Adjust lemon juice to maintain chimichurri brightness.



**SERVINGS**

4

**PREP TIME**

10 minutes

**CHILLING TIME**

30–45 minutes

**INGREDIENTS**

Ripe avocado, 2

Unsweetened cocoa powder, 20g

Honey, 1–2 tablespoons  
(adjust to taste)

Vanilla essence, 1 teaspoon

Low-fat fresh milk\*, 100ml

**To garnish**

Extra-virgin olive oil, 2 drops

Lower-sodium flaky sea salt,  
small pinch

Fresh mint leaf, as needed

Unsweetened cocoa powder,  
as needed**METHODS**

1. Scoop avocado flesh into food processor.
2. Add cocoa powder, honey & vanilla essence.
3. Blend until thick and uniform.
4. Add fresh milk gradually, blending until mousse becomes silky and smooth.
5. Chill for 15 minutes.
6. Spoon into small bowls or glasses to serve.
7. Finish with a few drops of olive oil, a pinch of flaky sea salt, and garnish with mint leaf and cocoa powder.

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# Dark Chocolate Avocado Mousse

by Chef Mel Dean



# 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<sup>^</sup>, 2 tablespoons

Low-fat plain milk<sup>\*</sup>, 1 liter

<sup>\*</sup>Choose products with the Healthier Choice Symbol

<sup>^</sup>For a lower-calorie option, you can replace with sugar substitutes like stevia or sucralose

### 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.



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 springs 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.

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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



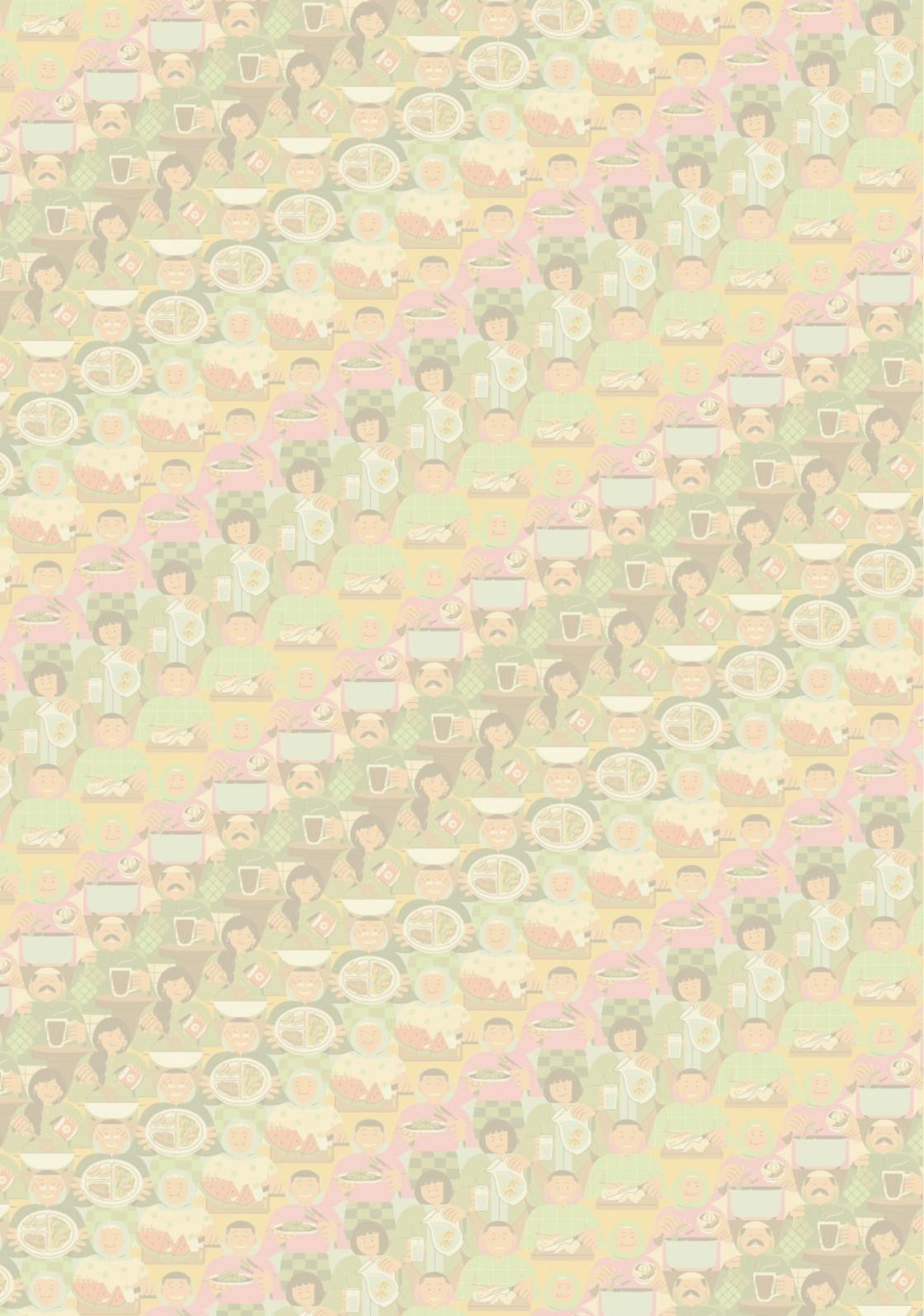
**Ayam Percik Wrap**  
with Refreshing Ulam Slaw



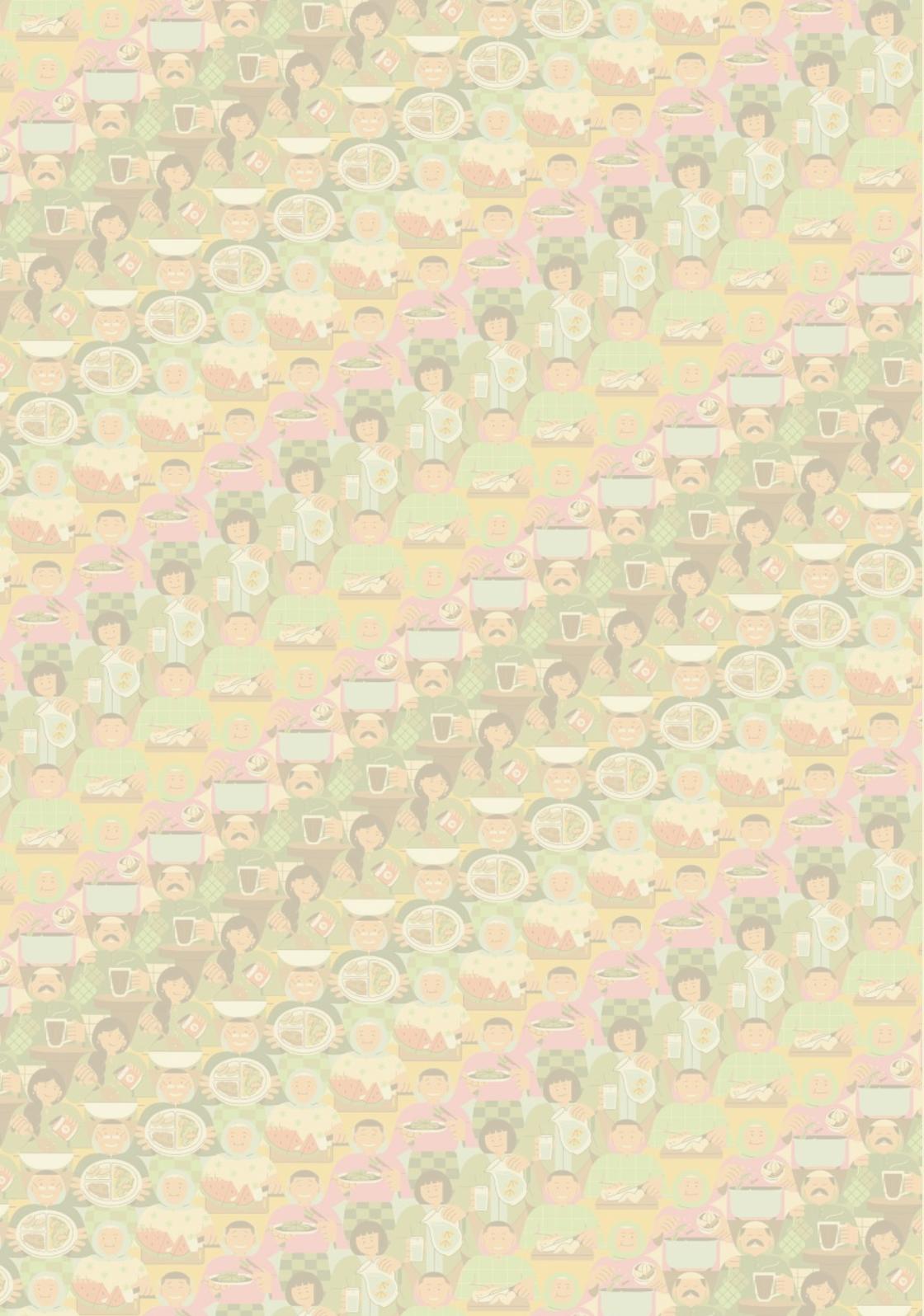












*Korang OK?*

