



Easy & Tasty Recipes

As seen on Mediacorp's
Learn Together with Me series



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Serves: 4

Mushroom Omelette Roll

Ingredients

- ½ can straw mushrooms
- ½ can grass mushrooms
- 6 eggs
- 1 tbsp. garlic, chopped
- 3 tbsp. sunflower seed oil*

Garnishing:

- 250g mixed salad
- coriander/ spring onion/
sliced chilli

Seasoning:

- 100ml water
- 1 tbsp. soy sauce*
- 1 tbsp. cane sugar
- ½ tsp. salt
- ½ tsp. natural seasoning powder
- pinch of black pepper

*Choose products with the Healthier Choice Symbol.

Method

1. Slice the straw mushrooms and grass mushrooms.
2. Heat 1 tbsp. oil in the wok, stir-fry chopped garlic and (1). Add salt and cane sugar to taste. Drain.
3. Add natural seasoning powder and soy sauce to beaten eggs. Sieve and add in (2).
4. Heat 2 tbsp. oil in wok. Pour in (3) and pan fry till it is half cooked, then flip over and cook till egg mixture is done.
5. Top with coriander/spring onion/sliced chilli and serve with mixed salad.



4人份

厚烧菇煎蛋饼

材料

- ½ 罐 草菇
- ½ 罐 毛菇
- 6 颗 蛋
- 1 汤匙 蒜茸
- 3 汤匙 葵花籽油*

配料:

- 250 克 综合沙拉菜
- 茺茜/青葱/辣椒丝

调味料:

- 100 毫升 水
- 1 汤匙 酱油*
- 1 汤匙 蔗糖
- ½ 茶匙 盐
- ½ 茶匙 天然味素
- 少许 粗状胡椒

*选购贴上“较健康选择”标签的食材。

做法

1. 草菇，毛菇切片。
2. 平底锅加入 1 汤匙油，开火加热，炒香蒜茸，再加入（1），蔗糖和盐炒匀，隔去汁。
3. 蛋打散，加入天然味素、低盐酱油拌匀过筛，加入（2）。
4. 平底锅加入 2 汤匙油，开火加热，倒入（3）拌匀一下再用小火煎至蛋汁半熟，翻面再煎，直至蛋汁凝固。
5. 扣盘洒上茺茜/青葱/辣椒丝配上沙拉菜。



Serves: 4

Winter Melon Red Bean Soup

Ingredients

- 500g winter melon
- 25g wolfberry
- 50g white bean
- 50g red bean
- 50g raw barley
- 5 figs
- 1500ml water
- salt as needed

Method

1. Wash all the ingredients.
2. Cut winter melon (with skin on) into sections.
3. Place all the ingredients (except wolfberry) in 1500ml water and bring to a boil at high heat.
4. Thereafter, place the lid on and simmer for 2 hours.
5. Add salt as needed to season the soup, and serve with a topping of wolfberries.



4人份

冬瓜赤小豆素汤

材料

- 500 克 冬瓜
- 25 克 枸杞子
- 50 克 白扁豆
- 50 克 赤小豆
- 50 克 生薏米
- 5 粒 无花果
- 1500 毫升 水
- 盐 适量

做法

1. 将全部材料洗净，然后把冬瓜连皮及瓜瓢切块。
2. 全部材料（枸杞子除外）连同清水放入锅中大火煮滚，然后加盖转小火煮2小时。
3. 加入少许的盐调味后，便可盛出，撒上枸杞子饮用。



Serves: 4

Five Coloured Pickles

Ingredients

- 100g cabbage
- 100g white radish
- 1 small cucumber, cut into round pieces of 4mm thickness
- ½ pear, cubed
- 2 stalks chinese celery, sliced into small pieces
- 2 stalks spring onions, sliced into small pieces
- 20g garlic, sliced into small pieces
- 25g young ginger, sliced into strips
- ½ apple, cubed
- ½ persimmon, sliced into small pieces

Seasoning:

- 1 tsp. salt
- 7 tbsp. brown rice vinegar
- 1 tbsp. red rock sugar
- salt water (1 tbsp. course salt + 200ml water)
- chilli water (1 tbsp. korean chilli powder + 100ml water)

Method

1. Cut the cabbage into 3cm cubes and the white radish into thick strips. Soak in salt water for 1 hour. Then, rinse and drain them.
2. Preparing the chilli water: Boil 100ml of water and let it cool. Add chilli powder and mix well.
3. Place all the ingredients into a big mixing bowl and add (2), brown rice vinegar and a pinch of salt, then mix well.
4. Keep (3) in the fridge to ferment overnight before serving.



4人份

五色蔬果泡菜

材料

- 100 克 白菜
- 100 克 白萝卜
- 1 条 小黄瓜，切成4毫米厚圆片
- ½ 粒 梨，切粒
- 2 棵 中式芹菜，切段
- 2 棵 青葱，切段
- 20 克 蒜头，切片
- 25 克 嫩姜，切丝
- ½ 颗 苹果，切粒
- ½ 颗 柿子，切片

酱料:

- 1 茶匙 盐
- 7 汤匙 糙米醋
- 1 汤匙 红冰糖
- 盐水 (1 汤匙 粗盐 + 200 毫升 水)
- 辣椒水 (1 汤匙 韩国辣椒粉 + 100 毫升 水)

做法

1. 白菜切成3公分块状，白萝卜切成粗条，泡盐水1小时，冲洗沥干。
2. 制作辣椒水：煮沸100毫升的水后放凉，洒入辣椒粉拌匀。
3. 将所有材料放入大碗中，再以辣椒水，糙米醋和盐调味拌匀。
4. 放入冰箱发酵1天就可享用。



Serves: 4

Garlic Plum Sauce Cabbage

Ingredients

- 400g cabbage
- 150ml water
- salt as needed

Garlic Plum Sauce:

- 1 tbsp. garlic, chopped
- 2 tbsp. sunflower seed oil*
- 4 large salted plums
- 1 tsp. minced ginger

**Choose products with the Healthier Choice Symbol.*

Method

1. Fry garlic till it turns brown and crispy.
2. Mash deseeded plums and set aside.
3. Cut cabbage into large pieces.
4. Place the cabbage and water into a pot and bring to a boil at medium heat. Add a pinch of salt, then simmer for 4–5 minutes. Remove cabbage and put into a bowl.
5. Mix (1) & (2), add minced ginger and 1 tbsp. of soup in (4) to complete the garlic plum sauce.
6. Top the cabbage with the garlic plum sauce to serve.



4人份

蒜味梅汁拌高丽菜

材料

- 400 克 高丽菜
- 150 毫升 水
- 少许 盐

蒜味梅汁:

- 1 汤匙 蒜茸
- 2 汤匙 葵花籽油*
- 4 大颗 腌梅
- 1 茶匙 姜末

*选购贴上“较健康选择”标签的食材。

做法

1. 将油倒进锅里，放入蒜茸，以小火炒至变色。
2. 腌梅去籽并捣碎。
3. 高丽菜切成大块。
4. 将高丽菜、水和盐放入锅中，加盖以中火煮至沸腾，再转小火焖4-5分钟，将高丽菜捞出并盛入碗。
5. 混合（1）和（2），再加入姜末及 1 汤匙（4）的菜汤拌匀，蒜味梅汁就完成了。
6. 将蒜味梅汁淋在高丽菜上即可。



Serves: 2

Healthy Golden Noodle Soup

Ingredients

- 200g deseeded pumpkin
- 1000ml vegetable stock*
- 50g cashew nuts (soaked for 2 hours, and drained dry)
- 2 packs instant noodles*
- 4 stalks parsley (sliced into small pieces)

Seasoning:

- 1 tbsp. sunflower seed oil*
- 2 tsp. salt
- pinch of black pepper

Salmon (mix well):

- 1 can salmon in water*
- 1 tbsp. sunflower seed oil*
- pinch of salt
- pinch of black pepper

*Choose products with the Healthier Choice Symbol.

Method

1. Slice the pumpkin into small pieces and stir fry it with oil, black pepper and salt till soft.
2. Add to (1), vegetable stock and cashew nuts, and bring to a boil. Turn to low heat to boil for 3 mins.
3. Boil another pot of water. Blanch instant noodles till cooked. Drain and dish out into a bowl.
4. Blend the pumpkin soup to obtain a smooth soup base and pour atop the instant noodles.
5. Top it with salmon and sprinkle some parsley to serve.



2人份

养生黄金面汤

材料

- 200 克 去籽南瓜
- 1000 毫升 蔬果高汤*
- 50 克 腰果（浸泡2小时，隔干）
- 2 包 快熟面*
- 4 棵 茺茜（切段）

调味:

- 1 汤匙 葵花籽油*
- 1 茶匙 盐
- 少许 黑胡椒粉

三文鱼（拌匀）:

- 1 罐 水煮三文鱼*
- 1 汤匙 葵花籽油*
- 少许 黑胡椒粉
- 少许 盐

*选购贴上“较健康选择”标签的食材。

做法

1. 金瓜切片，放入汤锅中，加入油，黑胡椒粉和盐炒软。
2. 加入蔬果高汤，腰果煮至滚，转小火续煮约3分钟，熄火。
3. 另煮一锅开水，将快熟面烫熟，隔水，捞至汤碗中。
4. 将煮熟的南瓜汤放入调理机打成泥，再倒入快熟面中。
5. 放入三文鱼肉，用茺茜装饰。



Serves: 4

Double Grain Fish Porridge

Ingredients

- 100g white rice, pre-cooked the night before
- 100g red rice*, pre-cooked the night before
- 250ml chicken stock* or Dashi
- 80g sliced pomfret
- 60g Emperor sprouts/ any other leafy vegetables
- 10g ginger, thinly sliced
- sesame oil as needed
- soy sauce* as needed
- spring onions as needed

Method

1. Bring the chicken stock or Dashi to a boil.
2. Add in both the white and red rice to the stock.
3. Season the pomfret with sesame oil and soy sauce.
4. Place the pomfret and vegetables into the stock and bring to a boil. Boil for 1 minute.
5. Season the porridge with soy sauce to your taste
6. Spoon the porridge into a bowl and garnish with ginger, spring onions, and a drizzle of sesame oil.

**Choose products with the Healthier Choice Symbol.*



4人份

双稻鲜鱼粥

材料

- 100 克 隔夜白米饭
- 100 克 隔夜红米饭*
- 250 毫升 鸡汤* 或 Dashi日式鱼汤
- 80 克 鲷鱼片
- 60 克 帝皇苗或其它绿叶蔬菜
- 10 克 生姜, 切丝
- 麻油适量
- 酱青适量*
- 青葱适量

*选购贴上“较健康选择”标签的食材。

做法

1. 将鸡汤或鱼汤煮开。
2. 倒入白米饭和红米饭。
3. 把鲷鱼片用麻油和酱青稍微腌一下。
4. 将鲷鱼片和蔬菜倒入汤中再煮开, 让汤烧滚 1 分钟。
5. 按您的口味加入酱青调味。
6. 把鱼粥舀进碗里, 最后撒入姜丝、少许麻油和青葱。



Serves: 4

Cantonese Style Steamed Seabass

Ingredients

- 1 whole seabass, scales and guts removed
- 3 tbsp. soy sauce*
- 4 tbsp. water
- ½ tbsp. sugar
- ½ tbsp. sesame oil
- ½ tbsp. sunflower seed oil*
- 25g sliced ginger
- 10g sliced spring onions (white portion)
- 10g sliced spring onions (green portion)
- 5g sliced red chilli
- ½ tbsp. Shaoxing wine (optional)

*Choose products with the Healthier Choice Symbol.

Method

1. Cut slits into the thicker parts of the fish.
2. Season the fish all over with salt, including the inside.
3. Place 15g of the sliced ginger into the slits of the fish and on the inside stomach as well.
4. Place the fish on a heat-proof baking tray and steam at 90°C for 8–10 minutes. Or steam in a wok with the lid slightly offset.
5. Once the fish is cooked, layer on the garnishes in this order: white portion of spring onion, ginger, green portion of spring onion and finally, chilli.
6. Heat the sesame oil and cooking oil until it just starts to smoke, then pour it over the fish and garnish.
7. Mix the rest of the ingredients together, then pour the sauce around the fish.



4人份

粤式清蒸金目鲈

材料

- 1 条 金目鲈，清除鱼鳞和内脏
- 3 汤匙 酱青*
- 4 汤匙 清水
- ½ 汤匙 白糖
- ½ 汤匙 麻油
- ½ 汤匙 葵花籽油*
- 25 克 生姜，切片
- 10 克 青葱（白段），切丝
- 10 克 青葱（绿段），切丝
- 5 克 红辣椒，切丝
- ½ 汤匙 花雕酒半汤匙（您可选择不放）

*选购贴上“较健康选择”标签的食材。

做法

1. 在鱼身较厚的部位划几刀。
2. 用细盐均匀涂抹整条鱼，包括体内。
3. 用 15 克的姜片放入鱼的切口及体内。
4. 将鱼放在耐热的烤盘上，以 90 摄氏度的温度蒸 8-10 分钟。您也可以使用镬来清蒸，但记得镬盖和镬之间要留点空隙。
5. 鱼蒸熟后，先用白段的青葱丝撒在鱼身，然后再放姜片、绿段青葱丝和红辣椒丝即可。
6. 将麻油和食用油倒入小锅里加热，冒烟时便马上倒在鱼和佐料上。
7. 将其余的材料拌匀，然后再倒在鱼身周围。

感谢：
杨钦葳先生
新加坡 Miele 主厨



Serves: 4

Versatile Stir-fried Frozen Vegetables

Ingredients

- 1 packet frozen broccoli (thawed)
- 1 taukwa, cut into cubes
- ½ tsp. salt
- ½ tsp. sugar
- ½ tsp. cornstarch
- 2 tbsp. water
- 5 cloves garlic
- 5g ginger
- 5ml sunflower seed oil*

*Choose products with the Healthier Choice Symbol.

Method

1. Mix the salt, sugar, cornstarch and water.
2. Finely mince the garlic and ginger together.
3. Heat oil in wok on medium heat then add the garlic and ginger paste.
4. Stir fry the garlic and ginger until fragrant, then toss in the frozen broccoli and taukwa.
5. Allow the ingredients to heat up in the wok. Once hot, lower the heat and add in the cornstarch slowly.
6. Keep tossing the ingredients for 1 minute and remove from heat and serve.



4人份

速炒冻时蔬

材料

- 1 包 冰冻西兰花 (解冻)
- 1 豆干, 切小块
- ½ 茶匙 盐
- ½ 茶匙 白糖
- ½ 茶匙 薯粉
- 2 汤匙 水
- 5 瓣 蒜头
- 5 克 生姜
- 5 毫升 葵花籽油*

*选购贴上“较健康选择”标签的食材。

做法

1. 将盐、糖、薯粉和清水搅匀。
2. 把蒜头和生姜一起剁碎。
3. 把油倒入镬中, 以中火加热, 然后放入剁碎的蒜头和生姜。
4. 爆香蒜头和生姜, 然后放入西兰花和豆干翻炒。
5. 材料在镬里加热后便可调低炉火, 然后慢慢加入薯粉。
6. 继续翻炒 1 分钟便可盛起食用。



Serves: 2

Sardine Lemon Pasta

Ingredients

- 1 can sardine in oil*
- 1 lemon
- 100g dried pasta*
- 30g garlic
- 10g sliced chilli
- 30g breadcrumbs
- 1 tsp. sunflower seed oil*
- 15g English chives

**Choose products with the Healthier Choice Symbol.*

Method

1. Boil the dried pasta according to the instructions on the box.
2. Add the sunflower seed oil to a wok on medium-high heat. Once the oil is heated, add in the breadcrumbs and cook till brown and crispy, then remove from the wok, season with salt.
3. Add in the oil from the canned sardines into the wok, sauté the sliced garlic and chilli till fragrant, squeeze in the juice from half the lemon and add in the lemon zest. This is the sauce for the pasta.
4. Toss the cooked pasta in this sauce and add a bit of the water used for boiling the pasta to thicken the sauce. Season with salt.
5. Mix in the breadcrumbs, chives and sardines atop pasta to serve.



2人份

柠檬沙丁意粉

材料

- 1 罐 橄榄油浸沙丁鱼*
- 1 个 柠檬
- 100 克 各式意大利粉*
- 30 克 蒜头
- 10 克 红辣椒，切粒
- 30 克 面包糠
- 1 茶匙 葵花籽油*
- 15 克 细香葱

*选购贴上“较健康选择”标签的食材。

做法

1. 根据包装盒的指示焗意大利粉
2. 把油倒入镬中，以中火加热。油热后，倒面包糠并煎至金黄色，然后舀起用盐调味。
3. 把沙丁鱼罐头里的油倒入镬中，爆香蒜头和辣椒。之后再加入从半个柠檬挤出的柠檬汁，以及柠檬皮屑。这就是酱汁。
4. 把烫熟的意大利粉倒入以上调好的酱汁，搅拌均匀，再用焗意大利粉剩余的水给酱汁勾芡。加入少许的盐调味。
5. 倒入面包糠和细香葱搅拌，舀起加入沙丁鱼即可食用。



Serves: 2

Healthy Garlic Fried Red Rice

Ingredients

- 75g red rice*
- 75g white rice
- 2 tbsp. sunflower seed oil*
- 2 eggs, beaten
- 100g shrimps, shells removed
- 2 tbsp. soy sauce*
- 1 tbsp. Shaoxing wine
- 20g spring onions
- 2 cloves sliced garlic
- salt and white peppere as needed

**Choose products with the Healthier Choice Symbol.*

Method

1. Add the oil to a wok, place the sliced garlic into the cold oil and then turn the stove on to medium heat.
2. When the garlic turns brown and crispy, remove from the wok.
3. Turn the heat to high and add in the shrimps, cook for 2 – 3 mins.
4. Remove the shrimps and place in the same bowl with the garlic.
5. With the heat on high, add the eggs to the wok.
6. Allow the eggs to cook for about 5 seconds, then add the rice onto the eggs.
7. Toss the eggs and the rice, moving it around and breaking up any clumps.
8. Mix the Shaoxing wine and soy sauce in a ladle, drizzle it around the sides of the wok, continue to mix.
9. Add the spring onions, garlic, and shrimps in. Continue to cook for 1 minute.
10. Season with salt and white peppere as needed.



2人份

健康蒜头红米炒饭

材料

- 75 克 红米饭*
- 75 克 白米饭
- 2 汤匙 葵花籽油*
- 2 颗 鸡蛋， 搅拌
- 2 汤匙 酱青*
- 1 汤匙 花雕酒
- 20 克 青葱
- 2 瓣 蒜头， 切片
- 盐和白胡椒粉适量

*选购贴上“较健康选择”标签的食材。

做法

1. 将油倒入镬中，直接把切好的蒜头加入，然后把火炉打开调至中火。
2. 蒜头变金黄色后，便可舀起搁置。
3. 把火调大，加入鲜虾翻炒2~3分钟。
4. 将鲜虾捞起，与爆香的蒜头放在同一个碗里。
5. 维持大火，然后加入蛋液。
6. 五秒之后将米饭倒在蛋液上。
7. 不停翻炒，确保米饭不沾粘成团
8. 将花雕酒和酱青倒入长勺中拌匀，沿着镬的边缘淋进饭里，然后继续翻炒。
9. 加入青葱，蒜头和鲜虾。再翻炒 1 分钟。
10. 加入少许盐 and 胡椒粉调味即可。