

ASIAN CUISINE

**EAT WELL
LIVE WELL**

**THE SMARTER WAY
TO EAT WHAT YOU LOVE**

ASIAN CUISINE

APPETISER

Asian Gazpacho
Ayam Kukus Gulung Bali
Oyster Sesame Vegetable Rolls
Popiah Basah Semarang
Pergedel Keladi and Keledak
Soy Sauce Garlic Prawns
Terong Panggang Saus Cengkeh
Udang with Dabu Dabu Manado Saus

SIDE DISH

Healthy Fried Rice
Soto Ayam Madura
Stir-Fried Shimeji Mushrooms and Sugar Peas
with abalone sauce
Tomato in Saus Bawang Putih
Wok-Fried Asparagus
with hon shimeji mushrooms

LUNCH

Abalone Egg Custard
Beancurd Halia
Brown Rice Chicken Congee
Braised Mee Sua
with shredded chicken
Brown Rice Bee Hoon & Yong Tau Foo
Double Boiled Herbal Chicken Soup
Daylily Flowers in Tanghoon Soup
Fish Nuggets with Sweet and Sour Dip
Mixed Fresh Vegetables
with chilli, Lombok style
Open-Faced Miso Fish Sandwich
Oatmeal Prawns
Prosperity Noodles
Silky & Spicy Tanghoon Delight
Sliced Fresh Fish Soup
with vegetables

DINNER

Bei Fong Tang
Bamboo Pith and Tofu Parcels
Beancurd
with chilli bean sauce
Brussels Sprout Ingots
with minced chicken patties
Crabmeat Fried Rice
Chicken Yakiudon
Cold Bean Curd
with braised kinoko
Deity with Gourd and Fan
Flat Noodles
with pepper medley
Hokkaido Tofu Island
Ikan Bakar Mullet Merah
Nasi Liwet
Nasi Kuning
Slow-Boiled Stuffed Chicken
with ginseng broth
Salmon Au Naturele
Seared Cod
with orange dressing
Steamed Cod Fish
in herbal stock with enoki and ganoderma mushrooms
Traditional Teochew Steamed Fish
Tum Ikan Merah Jamur, Balinese Style

DESSERT

Ginger-Infused Honey Chawanmushi
Mixed Fruits
with a hint of spice
Pisang Rai
Mango Tofu Pudding

ASIAN GAZPACHO



CHEF
YEN KOH

"Based on gazpacho, a cold Spanish tomato-based raw vegetable soup, I've adapted this recipe with fruits, so it's rich in fruit sweetness and refreshing acidity. Serve cold as an appetiser or amuse bouche."



INGREDIENTS

- Japanese cucumber, peeled and seeds removed 400g
- Green grapes, seedless 120g
- Green apple, peeled and seeds removed 80g
- White bread 1 slice
- Olive oil 1 tsp
- White wine vinegar 1 tsp
- Tabasco 1/2 tsp
- Lemon juice 1/2 tsp
- Salt 1/2 tsp

STEPS

1. In a food blender, process all ingredients (except the olive oil) into a fine puree.
2. Refrigerate for 2 hours or overnight.
3. Drizzle some olive oil. Serve.

HEALTHY COOKING TIPS

1. Enjoy the edible skins of fruit and vegetables. They provide additional fibre and other nutrients.
2. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
3. Vegetables and fruits are rich in vitamins, fibre and phytochemicals (beneficial plant substances such as carotenoids and flavonoids) that help lower the risk for some cancers.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 73kcal, Carbohydrate 14.4g, Protein 1.4g, Total fat (g and % of total calories) 1.6g (18.2%), Saturated fat 0.3g, Cholesterol 0mg, Dietary Fibre 1.5g, Sodium 344mg.

AYAM KULUS GULUNG BALI



CHEFS KINTAMANI

"It is a healthier alternative to remove skin from chicken before cooking. Mushrooms can also be added to the roll."

INGREDIENTS

- Chicken leg, boneless, skin removed 240g
- Carrot, cut into thick strips 1
- Shallots 20g
- Garlic 10g
- Chilli 1
- Turmeric 1
- Small ginger 1
- Blue ginger/Laos 1
- Lemongrass 2 stalks
- Lime leaf 2
- FairPrice Rice Bran Oil 2 tsp
- Salt & pepper, to taste

STEPS

1. Blend the shallots, garlic, chilli, turmeric, small ginger and blue ginger in a blender.
2. Heat oil, add the lime leaf, lemongrass and blended ingredients. Sauté until fragrant.
3. Place the boneless leg on a plate and pour half the sauce over it. Place the carrots on the chicken and roll. Secure with a toothpick if needed.
4. Put the roll in a steamer and steam for about 15 minutes.
5. Remove the chicken roll, cut into pieces and pour the other half of sauce on top. Serve.

HEALTHY COOKING TIPS

1. Steaming is a healthy, low-fat way to cook that brings out the flavours of fresh ingredients.
2. Leaner cuts of meat (such as skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To enhance their healthfulness, remove the visible fat and skin before cooking.
3. Instead of salt, use fresh herbs and spices to add interesting and varied flavours to this dish.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 120kcal, Carbohydrate 6.2g, Protein 13.5g, Total fat (g and % of total calories) 4.3g (33.1%), Saturated fat 0.9g, Cholesterol 42mg, Dietary Fibre 0.9g, Sodium 206mg.

OYSTER SESAME VEGETABLE ROLLS



**CHEF
YEN KOH**

"Unlike the traditional popiah recipe, which calls for hours of stewing turnips and carrots, this adaptation allows you to serve up a spring roll quickly."

INGREDIENTS

- Canola oil 2 tsp
- Garlic, minced 20g
- French beans, sliced into strips 200g
- Carrots, sliced into strips 200g
- Tau kwa, cut into strips 250g
- Light soy sauce 2 tsp
- Oyster sauce 10g
- Sesame seeds 1 tsp
- Spring roll skin
- White pepper, a pinch

STEPS

1. In a pre-heated wok, add oil and fry the garlic till fragrant.
2. Add the vegetables and tau kwa, and fry for 5 minutes until all ingredients are cooked.
3. Season accordingly with condiments. Adjust to taste.
4. Set the cooked vegetables aside and keep warm.
5. Lay a spring roll skin out on a clean, dry plate. Spoon the cooked vegetables onto it, and sprinkle with sesame seeds.
6. Fold the left and right sides towards the center of the roll, then roll it into a cylinder shape. Repeat steps 5 & 6 till ingredients are used.
7. Serve by slicing the rolls into half or enjoy as a whole.

HEALTHY COOKING TIPS

1. Use measuring spoons and cups to determine the right amount of oil and seasoning for cooking.
2. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
3. Fruits, vegetables, oats and beans are rich in soluble fibre, which helps lower blood cholesterol.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 184 kcal, Carbohydrate 11.9g, Protein 0g, Total fat (g and % of total calories) 5.9g (37.1%), Saturated fat 0.7g, Cholesterol 0mg, Dietary Fibre 2.7g, Sodium 418 mg.

POPIAH BASAH SEMARANG

SEMARANG SPRING ROLLS



CHEFS KINTAMANI

"We love having this dish for afternoon tea."



INGREDIENTS

- Popiah skin 10
- Bamboo shoots, sliced thinly 50g
- Carrot, julliened 50g
- Bean sprouts 25g
- Long bean, sliced 25g
- Oyster sauce 1 tbsp
- Chilli sauce 2 tbsp
- White sesame oil 1 tbsp
- Maggi Sweet and Sour Mix 1 tbsp
- Garlic, chopped 1 tbsp
- Salt & pepper, to taste

STEPS

1. Heat the sesame oil and add garlic. Sauté until fragrant then add all the vegetables and oyster sauce. Add salt & pepper to taste.
2. Set aside to cool.
3. Layer the popiah skin on a plate, place the cooked vegetables in the middle, and roll.
4. Mix the chili sauce with Maggi Sweet & Sour Mix.
5. Serve the popiah with sauce.

HEALTHY COOKING TIPS

1. Cook and serve vegetables just before eating to retain their maximum nutrient value.
2. Fruits and vegetables are low in sodium and high in potassium. They help maintain a healthy blood pressure.
3. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 178kcal, Carbohydrate 17g, Protein 6.5g, Total fat (g and % of total calories) 3.7g (26.5%), Saturated fat 0.6g, Cholesterol 0mg, Dietary Fibre 2.2g, Sodium 528mg.



PERGEDEL KELADI AND KELEDEK

JAVANESE MASHED YAM AND
SWEET POTATOES



CHEFS KINTAMANI

"For those who do not like yam, you can replace with sweet potato, tofu or tempeh."



INGREDIENTS

- Yam, peeled and sliced 100g
- Sweet potato, peeled and sliced 100g
- Celery, chopped 2 tbsp
- Onion, chopped 5 tsp
- Spring onion, chopped 1 tbsp
- Shallots, chopped 1 tbsp
- Red chilli, deseeded and chopped 2 tsp
- FairPrice Pasar fresh eggs, egg white 2
- Egg yolk 1
- Canola oil 1
- Salt, to taste

STEPS

1. Steam the yam & sweet potatoes till soft.
2. Mash the yam and sweet potatoes in a bowl, using a fork or potato masher.
3. Add all the other ingredients (except the egg) and mix to combine well.
4. Ensure that all ingredients are properly mixed. Add salt to taste.
5. Shape the mixture into several patties.
6. In a bowl, lightly beat the egg whites and egg yolk together.
7. Coat each patty in the egg mixture, and pan-fry in oil.

HEALTHY COOKING TIPS

1. Soak up the surface oil of fried foods with absorbent kitchen paper towels before serving.
2. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
3. Instead of salt, use fresh herbs and spices to add interesting and varied flavours to this dish.

NUTRITION INFORMATION (Servings per dish: 4)

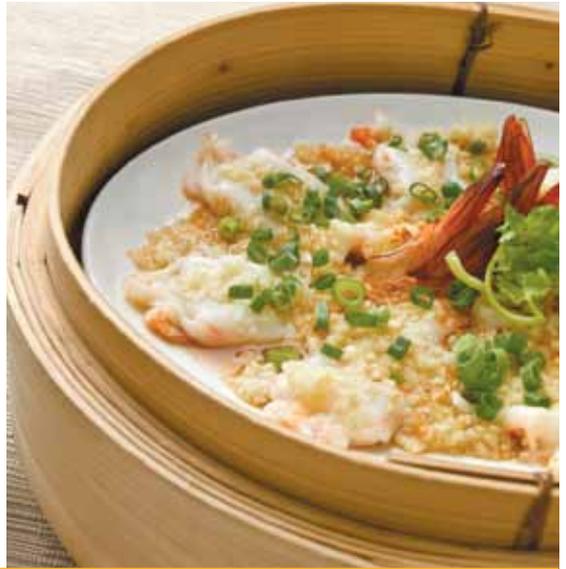
Per Serving: Energy (1kcal = 4.2kJ) 138kcal, Carbohydrate 13.7g, Protein 2.7g, Total fat (g and % of total calories) 0g (53.0%), Saturated fat 0.9g, Cholesterol 53mg, Dietary Fibre 2.1g, Sodium 109mg.

SOY SAUCE GARLIC PRAWNS



CHEF
YONG BING NGEN

"To make a difference in presentation, keep the tails of the prawn. It also provides ease in eating as you can pick it up by the tail and pop it into your mouth."



INGREDIENTS

- Medium prawns (8-10), whole 400g
- Garlic, chopped 100g
- Spring onion, thinly sliced 1
- Chinese parsley for garnish 1
- Light soy sauce 2 tbsp
- Sugar 1 tsp
- Chinese wine 2 tsp
- FairPrice Olive Oil 1 tbsp
- Salt & pepper, to taste

STEPS

1. Deshell and devein the prawns, but do not remove the tail.
2. Add garlic to a bowl, then pour boiling hot oil over it.
3. Add seasoning, and if desired, a bit of starch to thicken.
4. Pour the garlic mixture on top of the prawns.
5. Put the prawns in a dim sum basket and steam for 2 minutes.
6. Mix the soy sauce, sugar and Chinese wine, and pour over the steamed prawns.
7. Sprinkle with spring onions and serve.

HEALTHY COOKING TIPS

1. Steaming is a healthy, low-fat way to cook that brings out the flavours of fresh ingredients.
2. Use fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of this dish.
3. Instead of salt, use fresh herbs and spices to add interesting and varied flavours to this dish.

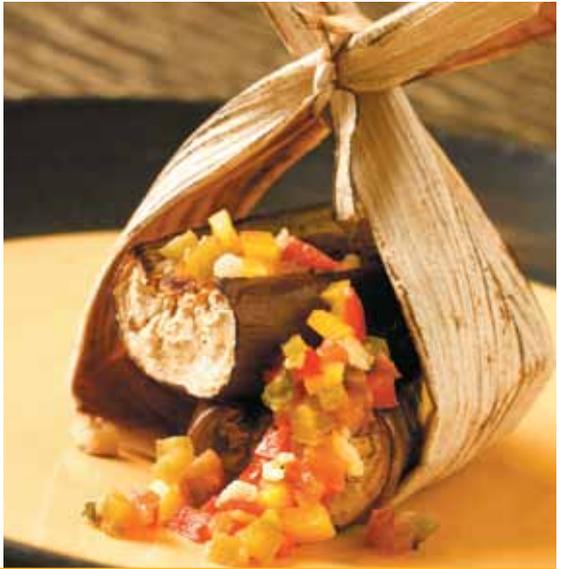
NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 152kcal, Carbohydrate 10.9g, Protein 19.0g, Total fat (g and % of total calories) 3.9g (22.3%), Saturated fat 0.2g, Cholesterol 194mg, Dietary Fibre 0.6g, Sodium 455mg.



TERONG PANGGANG SAUS CENGKEH

ROASTED EGGPLANT
WITH CLOVE AND GARLIC



CHEFS KINTAMANI

"Make sure the eggplant is ripe, or it can taste bitter."

INGREDIENTS

- Eggplant, medium 500g
- Garlic 1 tbsp
- Grated clove 1 tsp
- Olive oil 1 tbsp
- *FairPrice* wholemeal bread, toasted and crushed into breadcrumbs 2 slices
- Salt & pepper, to taste

STEPS

1. Slice the eggplant into 7cm pieces.
2. Marinate the eggplant in 1/2 tablespoon garlic, 1/2 teaspoon clove and 1 tsp olive oil for about 10 minutes.
3. Coat the marinated eggplant with breadcrumbs. Grill in the oven at 170°C for 5-10 minutes.
4. Remove from the oven and place on a serving plate.
5. Sauté the remaining garlic, clove and olive oil, and add salt and pepper to taste.
6. Remove the mixture from the heat and pour over the eggplant. Serve.

HEALTHY COOKING TIPS

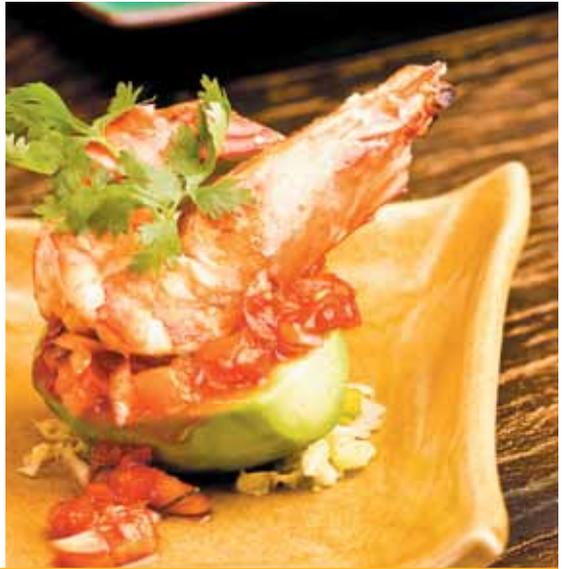
1. Heat oil till hot before cooking. This will shorten your cooking time and reduce the amount of oil absorbed by the ingredients.
2. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
3. Vegetables and fruits are rich in vitamins, fibre and phytochemicals (beneficial plant substances such as carotenoids and flavonoids) that help lower the risk for some cancers.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 105kcal, Carbohydrate 15.1g, Protein 3.2g, Total fat (g and % of total calories) 4.2g (34.0%), Saturated fat 0.7g, Cholesterol 0mg, Dietary Fibre 5.3g, Sodium 193mg.

UDANG WITH DABU DABU MANADO SAUS

ROAST TIGER PRAWNS
WITH GARLIC SALSA SAUCE



CHEFS KINTAMANI

"If you are in the mood to indulge, you can try with slipper lobster, and serve with mango."

INGREDIENTS

| | |
|------------------------------------|--------|
| • Tiger prawns | 200g |
| • Lime juice | 1 tsp |
| • Garlic, chopped | 1 tbsp |
| • Salt & pepper, to taste | |
| • Tomato, cut into cubes | 1 |
| • Shallots, sliced | 3 |
| • Red chilli | 2 |
| • Sweet soya sauce | 1 tbsp |
| • Lime juice | 1 tbsp |
| • Lime leaf, cut into thin slices | 2 |
| • Nestlé Maggi Chilli Garlic Sauce | 1 tsp |
| • Avocado, small, cut into half | 2 |

STEPS

1. Devein the prawns and marinate with chopped garlic, lime juice, salt and pepper.
2. Place in the oven and grill for around 10 minutes at 175°C.
3. Remove and place on a plate.
4. Mix the remaining ingredients for the sauce and then pour over the prawns.
5. Serve prawns with avocado.

HEALTHY COOKING TIPS

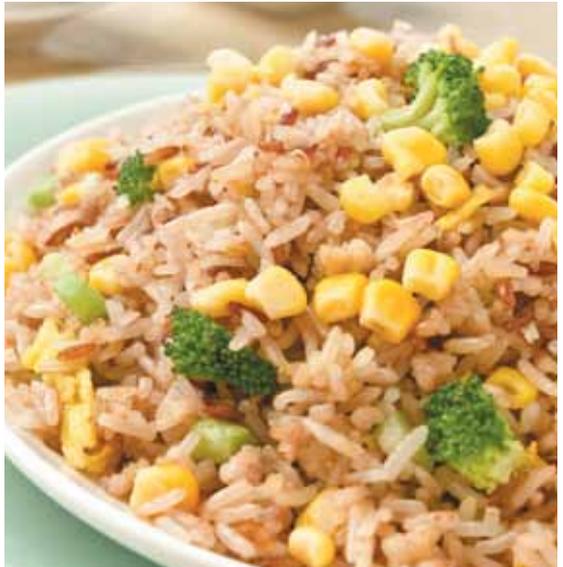
1. Heat oil till hot before cooking. This will shorten your cooking time and reduce the amount of oil absorbed by the ingredients.
2. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
3. Vegetables and fruits are rich in vitamins, fibre and phytochemicals (beneficial plant substances such as carotenoids and flavonoids) that help lower the risk for some cancers.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 105kcal, Carbohydrate 15.1g, Protein 3.2g, Total fat (g and % of total calories) 4.2g (34.0%), Saturated fat 0.7g, Cholesterol 0mg, Dietary Fibre 5.3g, Sodium 193mg.



HEALTHY FRIED RICE



CHEF
YONG BING NGEN

"This is the healthy version of the home favourite, fried rice."

INGREDIENTS

- FairPrice Healthy Rice 300g
- Lean pork, minced 100g
- Broccoli, blanched and chopped 60g
- Sweet corn kernels 100g
- Light soy sauce 2 tbsp
- Egg 1
- Canola oil 1 tbsp
- Salt to taste

STEPS

1. Cook the rice in a cooker. Set aside.
2. Heat a wok and add oil. Add the minced pork, stir-fry until cooked. Set aside.
3. In another wok, make a scrambled egg, then add the cooked rice and continue to stir-fry until fragrant.
4. Add the minced pork and seasoning. Stir-fry, then add the broccoli and corn.
5. Serve hot.

HEALTHY COOKING TIPS

1. Use more water when cooking whole grains, as they absorb more water than refined grains.
2. Leaner cuts of meat (such as skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To enhance their healthfulness, remove the visible fat and skin before cooking.
3. Vegetables such as tomatoes, corn, peas and mushrooms are good sources of glutamate, which aids memory and learning. These vegetables also act as natural flavour enhancers.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 366kcal, Protein 14.0g, Total fat (g and % of total calories) 5.6g (13.7%), Saturated fat 0.8g, Cholesterol 65.1mg, Carbohydrate 65.1g, Dietary Fibre 2.0g, Sodium 588mg.



SOTO AYAM MADURA

CLEAR CHICKEN SOUP



CHEFS KINTAMANI

"To save time, you can also use instant chicken stock or powder with the healthier choice symbol."

INGREDIENTS

- Chicken, skinless 600g
- Lime leaf 5pcs
- Lemongrass 2 stalks
- Ginger 2 tbsps
- Turmeric 1 tsp
- Sunflower oil 1 tbsps
- Shallots 8 pcs
- Garlic 4 cloves
- Coriander 10g
- Water, for boiling 8 cups
- Water, for spice paste 1/4 cup
- Salt, to taste

STEPS

1. Boil chicken with all the ingredients (except oil, shallots, garlic, and coriander) in water over medium-heat for 1 hour.
2. Skim any foam or impurities from the surface.
3. When the water is clear, lower the heat to medium-low and simmer.
4. Meanwhile, prepare the spice paste by combining the shallots, garlic, coriander and 1/4 cup of water in a blender till smooth.
5. Pour the spice paste into the wok and cook over medium-heat until most of the liquid has evaporated.
6. Add oil and continue frying till fragrant, about 4 minutes.
7. Add chicken and stock (from step 1-3) into the paste. Boil for 20 minutes.
8. Remove the chicken from the soup and allow to cool before shredding the meat.
9. Add the spice paste to the soup and continue to simmer for 20 minutes.
10. Pour the soup through a sieve to make a clear soup.
11. Pour over the shredded chicken and serve immediately.

HEALTHY COOKING TIPS

1. For stews, soups or braised dishes, skim away fat or oil after cooking to maximise the healthfulness of the dish.
2. Use fresh herbs and spices or low-sodium seasoning to enhance soup stock.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 230kcal, Carbohydrate 7.0g, Protein 35.5g, Total fat (g and % of total calories) 5.8g (23.5%), Saturated fat 0.9g, Cholesterol 87mg, Dietary Fibre 0.4g, Sodium 403mg.

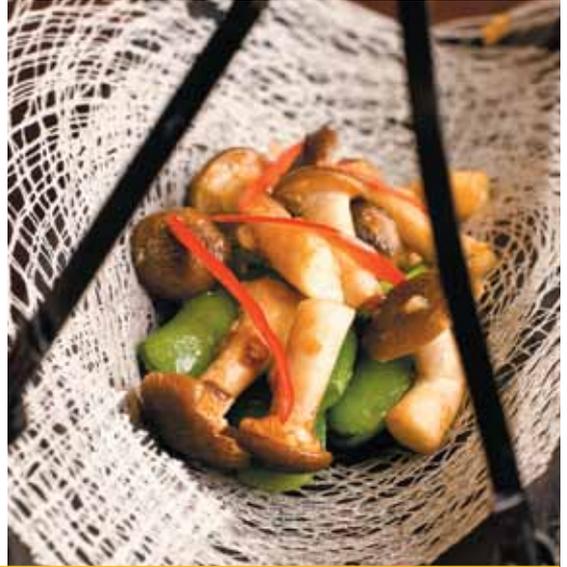
STIR-FRIED SHIMEJI MUSHROOMS

AND SUGAR PEAS WITH
ABALONE SAUCE



CHEF
ERIC TEO

“This is a very adaptable recipe. You can add in other vegetables, such as asparagus, or even fish slices.”



INGREDIENTS

| | |
|---------------------|--------|
| • Shimeji mushrooms | 300g |
| • Sugar peas | 75g |
| • Ginger | 10g |
| • Garlic | 10g |
| • Abalone sauce | 2 tbsp |
| • Corn oil | 1 tsp |

STEPS

1. Blanch the shimeji mushrooms in boiling water for 30 seconds.
2. Add the sugar peas and leave for another 30 seconds. Drain.
3. Heat 1 teaspoon of corn oil in the wok, then stir-fry the garlic and ginger till fragrant.
4. Stir in the shimeji mushrooms and sugar peas.
5. Add the abalone sauce and stir-fry till cooked. Serve hot.

HEALTHY COOKING TIPS

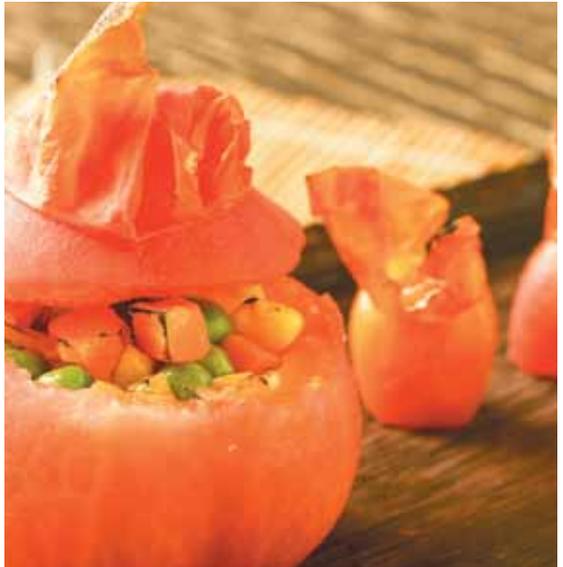
1. Cook vegetables lightly or until just cooked to retain their crunch and flavour. Overcooking will reduce their nutritional value.
2. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
3. Vegetables such as tomatoes, corn, peas and mushrooms are good sources of glutamate, which aids memory and learning. These vegetables also act as natural flavour enhancers.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 47kcal, Carbohydrate 6.5g, Protein 3.2g, Total fat (g and % of total calories) 1.5g (25.7%), Saturated fat 0.2g, Cholesterol 0mg, Dietary Fibre 1.4g, Sodium 118 mg.

TOMATO IS SAUS BAWANG PUTEH

STUFFED TOMATO WITH GARLIC SAUCE



CHEFS KINTAMANI

"You can substitute tomatoes with green, yellow or red peppers."

INGREDIENTS

- Tomato, big 200g
- Frozen mixed vegetables 150g
- Garlic, chopped 15g
- FairPrice olive oil 2 tsp
- Cashew nuts 20g
- Oyster sauce 1 tbsp
- Salt, to taste

STEPS

1. Halve the tomatoes and remove the seeds.
2. Heat the olive oil, add garlic and fry till fragrant.
3. Add the frozen mixed vegetables, oyster sauce, cashew nuts and salt. Fry the vegetables until cooked.
4. Fill the tomatoes with stir-fried vegetables and bake in an oven at 170°C for 10 minutes.
5. Serve.

HEALTHY COOKING TIPS

1. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
2. Grilling or baking, instead of deep frying, is a great way to create tasty dishes that are healthier and lower in fat.
3. Cooking carrots and tomatoes helps release their phytochemicals, making them available for the body to absorb.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 109kcal, Carbohydrate 14.0g, Protein 3.06g, Total fat (g and % of total calories) 5.3g (41.1%), Saturated fat 0.9g, Cholesterol 0mg, Dietary Fibre 2.6g, Sodium 276mg.



WOK-FRIED ASPARAGUS WITH HON SHIMEJI MUSHROOMS



CHEF
YONG BING NGEN

"It is easier to control the flavours of the dish when you adjust the seasoning in a bowl first."

INGREDIENTS

- Asparagus, cut into pieces 400g
- Hon shimeji mushrooms 100g
- Garlic, chopped 3 cloves
- Chilli padi, chopped 1
- FairPrice Black Fungus 20g
- Soy sauce 1 tbsp
- Flour 6 tsp
- Sunflower oil 2 tsp
- Water 2 tbsp
- Salt, to taste
- Sugar, to taste

STEPS

1. Soak the black fungus in water overnight until soft.
2. Blanch the asparagus and set aside.
3. Add the seasoning in a bowl, mix with water and 6 teaspoons of flour. Mix and adjust to taste.
4. Heat oil in a wok, then add the chilli padi and garlic. Add the black fungus, asparagus and mushrooms, then stir-fry.
5. Add the seasoning and continue to stir-fry. Serve hot.

HEALTHY COOKING TIPS

1. Cook vegetables lightly or until just cooked to retain their crunch and flavour. Overcooking will reduce their nutritional value.
2. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
3. Vegetables and fruit are rich in vitamins, fibre and phytochemicals (beneficial plant substances such as carotenoids and flavonoids) that help lower the risk for some cancers.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 81kcal, Carbohydrate 11.8g, Protein 4.1g, Total fat (g and % of total calories) 2.9g (29.2%), Saturated fat 0.3g, Cholesterol 0mg, Dietary Fibre 4.1g, Sodium 356mg.

ABALONE EGG CUSTARD



CHEF
YEN KOH

"For convenience, step (1) and (2) can be prepared an hour in advance. This can be a light meal on its own, added with chicken or minced pork."

INGREDIENTS

- | | |
|----------------------|---------|
| • Egg whites | 4 |
| • Whole eggs | 1 |
| • Water | 2 cups |
| • Abalone sauce | 4 tbsp |
| • White pepper | a pinch |
| • White fish slices | 60g |
| • Shiitake mushrooms | 60g |

STEPS

1. In a stock-pot, bring water to a boil. Turn off the heat and add the abalone sauce for flavour. Cool it to room temperature.
2. In a clean bowl, whisk all the eggs and flavoured stock together. Strain into a pouring jar.
3. Place the fish and mushroom slices in a porcelain bowl and gradually pour the egg mixture into the bowl.
4. Steam for 12-15 minutes and serve hot.

HEALTHY COOKING TIPS

1. Steaming is a healthy, low-fat way to cook that brings out the flavours of fresh ingredients.
2. Substitute whole eggs with egg whites to lower your cholesterol intake.
3. The recommended amount for sodium is not more than 1 teaspoon of salt a day.

NUTRITION INFORMATION (Servings per dish: 4)

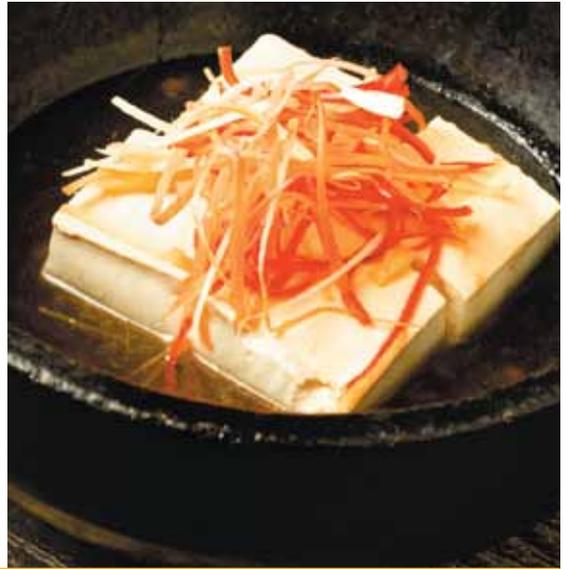
Per Serving: Energy (1kcal = 4.2kJ) 65kcal, Carbohydrate 4g, Protein 7.7g, Total fat (g and % of total calories) 2.2g (29.2%), Saturated fat 0.4g, Cholesterol 58mg, Dietary Fibre 0.3g, Sodium 311mg.

BEANCURD HALIA



CHEFS KINTAMANI

"For me, the hint of ginger adds an interesting flavour to the steamed tofu."



INGREDIENTS

| | |
|------------------------------|--------|
| • Ginger, sliced | 10g |
| • Carrots, shredded | 40g |
| • Cabbage, shredded | 40g |
| • Cucumber, shredded | 40g |
| • Maggi Premium Oyster Sauce | 2 tsp |
| • Light soya sauce | 1 tsp |
| • Pepper | 1/4tsp |
| • Firm tofu | 270g |

STEPS

1. Mix the sliced ginger, carrots, cabbage and cucumber with the seasoning.
2. Cut the tofu in half and remove 1/3 of the tofu with a spoon.
3. Stuff the carrots, cabbage and cucumber into the tofu and place the sliced ginger-mixture on top.
4. Steam for about 10 minutes.
5. Serve.

HEALTHY COOKING TIPS

1. Steaming is a healthy, low-fat way to cook that brings out the flavours of fresh ingredients.
2. Use fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of your dishes.
3. Beancurd, pulses, lentils, peas and beans are good sources of protein, and are low in saturated fat. They can replace meat in some dishes.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 53kcal, Carbohydrate 4.1g, Protein 4.4g, Total fat (g and % of total calories) 1.8g (31.9%), Saturated fat 0.01g, Cholesterol 0mg, Dietary Fibre 0.9g, Sodium 308mg.



BROWN RICE CHICKEN CONGEE



CHEF
ERIC TEO

"When you don't have an appetite and are looking for a light meal, this is the perfect choice."

INGREDIENTS

- Brown rice 180g
- Ginger 4 slices
- Garlic 4 cloves
- Chicken thigh (or drumstick) 150g
- Sesame oil 1 tsp
- Carrots 50g
- Chinese cabbage 50g
- Shimeji mushrooms 50g
- Spring onion, chopped 2 stalks
- Water 10 cups
- Salt & pepper, to taste

STEPS

1. Place the rice, garlic, ginger and water in a rice cooker and cook until the rice is soft.
2. Add the chicken. Simmer for 30 minutes, then add the carrots and Shimeji mushrooms. Let simmer for 1 hour.
3. Stir occasionally.
4. Mix in the seasoning and chinese cabbage.
5. Remove the chicken and shred it. Add the shredded meat (without the bones) to the porridge.
6. Simmer for another 15-20 minutes. Garnish with spring onions.

HEALTHY COOKING TIPS

1. Grilling or baking, instead of deep frying, is a great way to create tasty dishes that are healthier and lower in fat.
2. Leaner cuts of meat (such as skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To enhance their healthfulness, remove the visible fat and skin before cooking.
3. Vegetables and fruits are rich in vitamins, fibre and phytochemicals (beneficial plant substances such as carotenoids and flavonoids) that help lower the risk for some cancers.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 178kcal, Carbohydrate 24.6g, Protein 10.6g, Total fat (g and % of total calories) 4.3g (21.5%), Saturated fat 0.6g, Cholesterol 31mg, Dietary Fibre 1.6g, Sodium 339mg.

BRAISED MEE SUA

WITH SHREDDED CHICKEN



CHEF
YONG BING NGEN

"You can also add dried mushrooms to the dish."

INGREDIENTS

| | |
|--|-----------------------------------|
| • Mee Sua | 200g |
| • Chicken, skin removed, cooked and shredded | 100g |
| • Choy Sum, sliced | 150g |
| • Garlic, chopped | 2 cloves |
| • Canola olive oil spread | 1 tsp |
| • Sesame oil | 1 tsp |
| • Abalone sauce | 2 tbsp |
| • Water | 1 ¹ / ₄ cup |

STEPS

1. Pour boiling water over the mee sua to soften.
2. In another pot, blanch the choy sum.
3. Melt the spread in a pan. Add garlic. Stir-fry till fragrant.
4. Add 1¹/₄ cup of water and bring to a boil. Add the mee sua and braise.
5. Pour into a bowl and top with the chicken and choy sum.
6. Add sesame oil and abalone sauce. Serve hot.

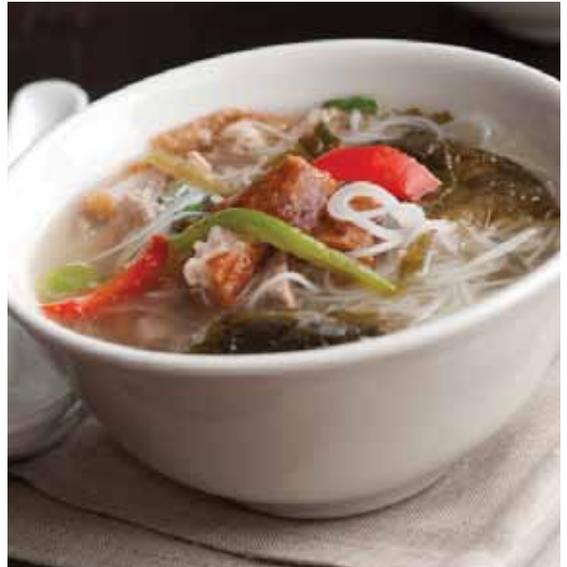
HEALTHY COOKING TIPS

1. Cook vegetables lightly or until just cooked to retain their crunch and flavour. Overcooking will reduce their nutritional value.
2. Leaner cuts of meat (such as skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To enhance their healthfulness, remove the visible fat and skin before cooking.
3. Vegetables and fruits are rich in vitamins, fibre and phytochemicals (beneficial plant substances such as carotenoids and flavonoids) that help lower the risk for some cancers.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 244kcal, Carbohydrate 38.9g, Protein 13.0g, Total fat (g and % of total calories) 4.2g (15.2%), Saturated fat 0.9g, Cholesterol 22mg, Dietary Fibre 1.4g, Sodium 373mg.

BROWN RICE BEE HOON & YONG TAU FOO



RECIPE DEVELOPED BY
NATIONAL HEALTHCARE GROUP POLYCLINICS

INGREDIENTS

- Soya beans 200g
- Ikan bilis, entrails and heads removed 100g
- Water 2L

YONG TAU FOO

- Brown rice bee hoon, uncooked 150g
- Bitter melon 8
- Ladies finger 4
- Taukwa, halved 4
- Bean curd, and halved 4
- Fish balls 8
- Black Chinese mushrooms 6
- Tomatoes 4
- Spring onion, chopped 4

STEPS

1. Rinse and soak the soya beans for 10 minutes.
2. Rinse the excess salt from the ikan bilis.
3. Boil the soya beans and ikan bilis in a small pot for an hour.
4. Soak the brown rice bee hoon for 30 minutes and rinse with hot water.
5. Boil all the Yong Tau Foo ingredients until cooked.
6. Pour soup broth into the bowl of brown rice bee hoon and Yong Tau Foo.
7. Garnish with spring onions and serve hot.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 228kcal, Carbohydrate 23.6g, Protein 23.3g, Total fat (g and % of total calories) 4.7g (18.3%), Dietary Fibre 2.4g, Saturated fat 0.7g, Sodium 461mg, Cholesterol 53mg.

Contributed by

DOUBLE BOILED HERBAL CHICKEN SOUP



CHEF
YONG BING NGEN

"This soup is perfect for the days when you are feeling tired."

INGREDIENTS

- Half a chicken, skinless, quartered 900g
- Yu Zu 4 pieces
- Dang Shen 4 pieces
- Huai Shan 4 pieces
- Bei Qi 4 pieces
- *Yang Sheng Le* Eu Yan Sang Dang Gui Concentrated Herbal Soup 1 bottle
- Water 3 cups
- Hua Tiao Chinese wine, to taste

STEPS

1. Boil the chicken meat. Set aside.
2. Wash the Chinese herbs. Put the Chinese herbs and chicken meat into a dish.
3. Add 800ml of water, then the *Eu Yan Sang Dang Gui Concentrated Herbal soup*, and mix well.
4. Add a dash of *Hua Tiao Chinese wine* and steam for half an hour.
5. Portion into 4 bowls. Serve hot.

HEALTHY COOKING TIPS

1. For stews, soup-based or braised dishes, skim away visible fat or oil after cooking to maximise the healthfulness of the dish.
2. Use low-salt soup stock, or prepare your own homemade soup stock, using fresh ingredients, herbs and spices.
3. Use fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of soup stock.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 299kcal, Carbohydrate 4.3g, Protein 47.6g, Total fat (g and % of total calories) 8.8g (27.6%), Saturated fat 2.3g, Cholesterol 180mg, Dietary Fibre 0g, Sodium 592mg.



DAYLILY FLOWERS IN TANGHOON SOUP



CHEF
ERIC TEO

"This is a flexible dish, so you can add your favourite ingredients, such as mushrooms or other types of vegetables."

INGREDIENTS

- Chicken breast, skinless, cooked and shredded 200g
- Black fungus 20g
- Tanghoon, blanched 250g
- Daylily flowers (Golden Needle) 20g
- Xiao bai cai, blanched and drained 80g
- Water 4 cups
- Nestlé Maggi Concentrated Chicken Stock 30ml
- Sesame oil 1 tsp
- Pepper, to taste

STEPS

1. Rinse the black fungus and soak in water until soft. Remove the hard stems.
2. Soak the daylily flowers until soft.
3. Boil water. Add the chicken stock, black fungus and golden needle flower. Season with pepper.
4. Pour the tanghoon, xiao bai cai and shredded chicken breast into a bowl. Add the black fungus and golden needle flowers on top.
5. Add the chicken stock soup. Drizzle with sesame oil and serve immediately.

HEALTHY COOKING TIPS

1. For stews, soup-based or braised dishes, skim away visible fat or oil after cooking to maximise the healthfulness of the dish.
2. Use fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of soup stock.
3. Use low-salt soup stock, or prepare your own homemade soup stock, using fresh ingredients, herbs and spices.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 334kcal, Carbohydrate 58.6g, Protein 16.4g, Total fat (g and % of total calories) 3.0g (8.3%), Saturated fat 0.7g, Cholesterol 42.5mg, Dietary Fibre 2.3g, Sodium 679mg.



FISH NUGGETS

WITH SWEET AND SOUR DIP



CHEF
ERIC TEO

"This is a healthy kid's meal."

INGREDIENTS

- Fish fillet, cut into bite-sized nuggets 200g
- Lemon juice 1 tbsp
- Low-fat milk 6 tbsp
- Egg 1
- Yogurt 2 tbsp
- Salt & pepper, to taste
- Breadcrumbs, for coating

SWEET AND SOUR SAUCE

- Tomato, quartered 1
- Nestlé Maggi Chilli Sauce 2 tbsp
- Tomato sauce 1 tbsp
- Lemon juice 1 tbsp
- Water 3/4 cup
- Sugar, to taste

STEPS

1. Mix the egg, yogurt, lemon juice and milk. Add salt and pepper to taste.
2. Dip the fish nuggets in the mixture, then coat with breadcrumbs.
3. Place on a baking tray and bake till golden brown.
4. Separately, mix ingredients for the sweet and sour dip in a pan and lightly stir fry till the tomato has softened.
5. Serve the fish nuggets with dip on the side.

HEALTHY COOKING TIPS

1. Grilling or baking, instead of deep frying, is a great way to create tasty dishes that are healthier and lower in fat.
2. Substitute whole eggs with egg whites to lower your cholesterol intake.
3. Milk and dairy products provide calcium, which is essential for healthy bone growth and development.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 148kcal, Carbohydrate 16.1g, Protein 11.5g, Total fat (g and % of total calories) 4.2g (25.5%), Saturated fat 0.9g, Cholesterol 71mg, Dietary Fibre 1.0g, Sodium 382mg.



MIXED FRESH VEGETABLES

WITH CHILI, LOMBOK STYLE



CHEFS KINTAMANI

"This is a traditional recipe from Lombok, and is a vegetable dish I can eat anytime!"



INGREDIENTS

- Rice bran oil 1 tsp
- Garlic, chopped into 3cm pcs 1 tsp
- Maggi Sambal Goreng Paste 2 tsp
- Long bean 200g
- Kangkong/Water spinach 80g
- Bean sprout 120g
- Shredded carrot 120g
- Salt & pepper, to taste
- Water, for blanching

STEPS

1. Boil water in a pot. When water comes to a boil, quickly blanch the vegetables for 1 minute. Remove, drain and set aside.
2. In a pan, heat the oil, add the garlic and sauté. Add 2 tsp of Sambal Goreng paste and fry until fragrant.
3. Add the vegetables, salt and pepper, and fry for 1 minute.
4. Serve.

HEALTHY COOKING TIPS

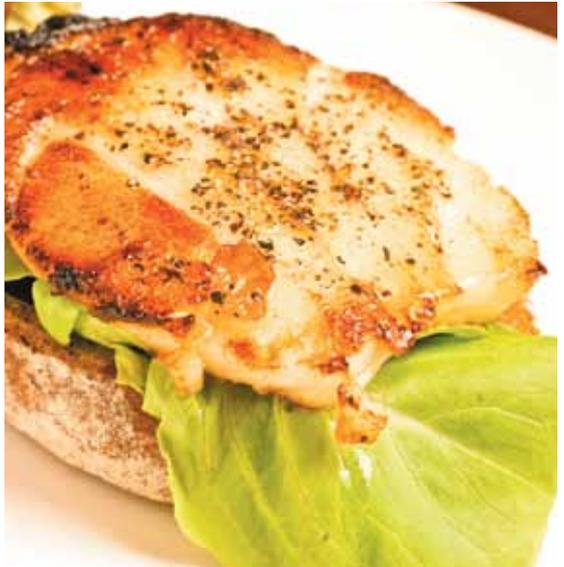
1. Cook vegetables lightly or until just cooked to retain their crunch and flavour. Overcooking will reduce their nutritional value.
2. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
3. Plant-based foods such as whole grains (for example, brown rice, wholemeal bread and oats), vegetables, fruits and beans are rich in fibre, which promotes the feeling of fullness and also helps control your blood sugar.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 66kcal, Protein 2.6g, Total fat (g and % of total calories) 2.1g (27.7%), Saturated fat 0.5g, Cholesterol 0mg, Carbohydrate 9.5g, Dietary Fibre 1.3g, Sodium 253mg.



OPEN-FACED MISO FISH SANDWICH



CHEF
ERIC TEO

"This makes a flavourful all-day snack. You can use any type of fish, although cod is recommended."

INGREDIENTS

- Fish fillet, sliced 1cm thick 200g
- White miso 8 tsp
- Mirin $\frac{1}{4}$ cup
- Lettuce, sliced thinly 100g
- FairPrice Wholegrain Bread 4 slices

STEPS

1. Rinse and pat-dry the fish fillets with kitchen towels.
2. For the marinade, mix white miso and mirin.
3. Marinate the fish fillets in the miso marinade. Wrap in cling wrap and place in the fridge for at least an hour.
4. Grill the fish fillets until cooked.
5. Place chopped lettuce on bread, then top with the fish fillet.

HEALTHY COOKING TIPS

1. Grilling or baking, instead of deep frying, is a great way to create tasty dishes that are healthier and lower in fat.
2. Use fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of your dishes.
3. Plant-based foods such as whole grains (for example, brown rice, wholemeal bread and oats), vegetables, fruits and beans are rich in fibre, which promotes the feeling of fullness and also helps control your blood sugar.

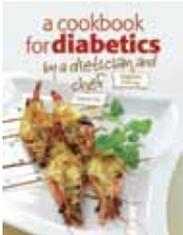
NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 176kcal, Protein 10.9g, Total fat (g and % of total calories) 2.9g (15.2%), Saturated fat 0.2g, Cholesterol 16mg, Carbohydrate 25.9g, Dietary Fibre 2.1g, Sodium 466mg.

OATMEAL PRAWNS



Photo courtesy of Marshall Cavendish.



RECIPE FROM
CHANGI GENERAL
HOSPITAL, A COOKBOOK
FOR DIABETICS BY A
DIETITIAN AND A CHEF

INGREDIENTS

- Prawns (shrimps), large, peeled, tails left intact 12
- Ground black pepper, to taste 200g
- Salt, to taste

Marinade

- Margarine 2 tbsp
- Curry leaves 30 pcs
- Lemon grass, tough outer leaves removed, ends trimmed and finely chopped 1-2 Stalks
- Bird's eye chilli, finely sliced 4
- Sugar 1 tbsp
- Salt, to taste

STEPS

1. Place the prawns in a mixing bowl. Season with salt and pepper, and set aside to marinate for 10 minutes.
2. Bring a pot of water to a boil. Place the prawns, cook until they turn pink, then remove from heat, drain and set aside.
3. Heat the margarine in a wok over medium heat. Add the curry leaves, stir-fry until fragrant, then add the lemon grass and chilli, and stir-fry for 1 minute.
4. Add the oatmeal, sugar and salt, and stir to mix well.
5. Stir-fry the mixture for 2 minutes, or until oatmeal turns golden brown and crisp. Remove from heat and set aside in a large bowl.
6. Place the prawns in a clean mixing bowl and add mayonnaise. Toss until evenly coated. Add the oatmeal mixture and toss until prawns are well coated.
7. Serve immediately.

Preparation time: 20 minutes

HEALTHY COOKING TIPS

1. This popular Singaporean dish is given a healthy twist by boiling instead of deep-frying the prawns.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 199kcal, Carbohydrate 8.7g, Protein 23.3g, Total fat (g and % of total calories) 11.9g, Dietary Fibre 0.4g, Cholesterol 149.8mg.

Contributed by

PROSPERITY NOODLES



CHEF
ERIC TEO

"You can also replace shredded chicken with your desired seafood."



INGREDIENTS

| | |
|---|----------|
| • Yellow flat noodles | 500g |
| • Chicken breast, skinless, sliced | 250g |
| • Chinese cabbage, shredded | 50g |
| • Chye sim, cut into 4-inch pcs, blanched | 80g |
| • Abalone sauce | 2 tbsp |
| • Hot water | 500ml |
| • Garlic, chopped | 2 cloves |
| • Rice bran oil | 2 tbsp |
| • FairPrice Dark Soya Sauce | 2 tbsp |
| • Sesame oil | 1 tsp |

STEPS

1. Heat the oil in a wok. Fry the chicken breast with garlic for 2-3 minutes.
2. Add hot water and the abalone sauce, and cook for 1 minute.
3. Add the dark soy sauce, shredded Chinese cabbage and yellow flat noodles. Cook for 2 minutes over medium-high heat.
4. Add sugar, pepper and sesame oil. Turn to low-heat and stir evenly until the gravy becomes thick.

HEALTHY COOKING TIPS

1. Use measuring spoons and cups to determine the right amount of oil and seasoning for cooking.
2. Leaner cuts of meat (such as skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To enhance their healthfulness, remove the visible fat and skin before cooking.
3. Vegetables and fruits are rich in vitamins, fibre and phytochemicals (beneficial plant substances such as carotenoids and flavonoids) that help lower the risk for some cancers.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 228kcal, Carbohydrate 23.6g, Protein 23.3g, Total fat (g and % of total calories) 4.7g (18.3%), Dietary Fibre 2.4g, Saturated fat 0.7g, Sodium 461mg, Cholesterol 53mg.

SILKY & SPICY TANGHOON DELIGHT



CHEF
YEN KOH

"When I have guests who have a typical local palate, this is one of the dishes I love to serve up."

INGREDIENTS

- Soy bean oil 1 tbsp
- Garlic, minced 10g
- Onions, sliced 80g
- Carrots, sliced into strips 60g
- French beans, sliced into strips 120g
- Fresh pork, minced 240g
- *FairPrice* Taukwa, cut into strips 120g
- Black pepper sauce 3 tbsp
- Premium oyster sauce 1 tbsp
- Special dark soya sauce 1 tsp
- Water 1 cup
- Tanghoon, unsoaked 250g
- Sesame oil 2 tsp

STEPS

1. In a pre-heated pan, add oil, then stir-fry the garlic and onions until fragrant.
2. Add the vegetables and cook for 1 minute, then add pork and taukwa, and cook for 2 minutes.
3. Season with black pepper sauce and other sauces. Add water to form a flavoured sauce.
4. Add the tanghoon and allow the sauce to be absorbed for 2 minutes.
5. Give it a final stir, and add sesame oil.

HEALTHY COOKING TIPS

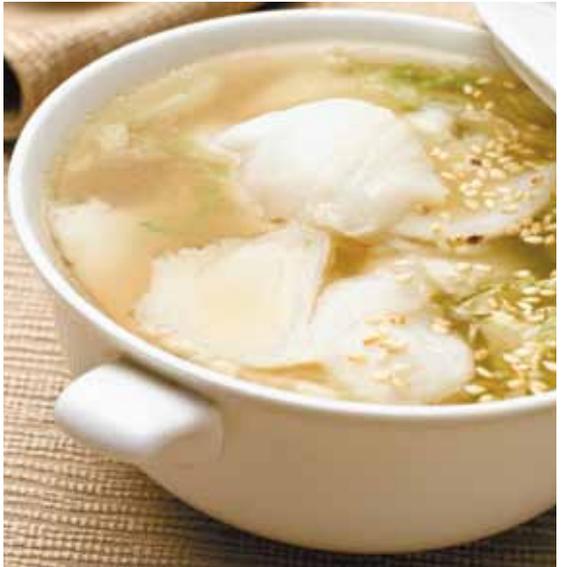
1. Heat oil till hot before stir-frying. This will shorten your cooking time and reduce the amount of oil absorbed by the ingredients.
2. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
3. Cooking carrots and tomatoes helps release their phytochemicals, making them available for the body to absorb.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 377kcal, Protein 18.4g, Total fat (g and % of total calories) 8.9g (21.2%), Saturated fat 1.5g, Cholesterol 29.4mg, Carbohydrate 55.5g, Dietary Fibre 1.2g, Sodium 307mg.

SLICED FRESH FISH SOUP

WITH VEGETABLES



CHEF
YONG BING NGEN

"For best results, the fish used for this dish must be very fresh."

INGREDIENTS

- Fresh fish (any type, as desired), sliced 200g
- Baby romaine lettuce, cut thinly 100g
- White sesame seeds 5g
- Nestlé Maggi Chicken Stock Concentrate 4 tsp
- Water 4 cups
- Salt & pepper, to taste

STEPS

1. Add the chicken stock concentrate to water. Heat until boiling.
2. Place the fresh fish, baby romaine lettuce and white sesame seeds in a large serving bowl.
3. Quickly pour the boiling stock over the ingredients in the bowl. The ingredients should be cooked immediately.
4. Serve hot.

HEALTHY COOKING TIPS

1. Use measuring spoons and cups to determine the right amount of oil and seasoning for cooking.
2. Oily fish (such as salmon, sardines and mackerel) contain Omega-3 fatty acids, which help prevent heart disease and stroke.
3. Use low-salt soup stock, or prepare your own homemade soup stock, using fresh ingredients, herbs and spices.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 59kcal, Carbohydrate 2.2g, Protein 7.5g, Total fat (g and % of total calories) 2.4g (36.1%), Saturated fat 0.1g, Cholesterol 16mg, Dietary Fibre 0.7g, Sodium 598mg.

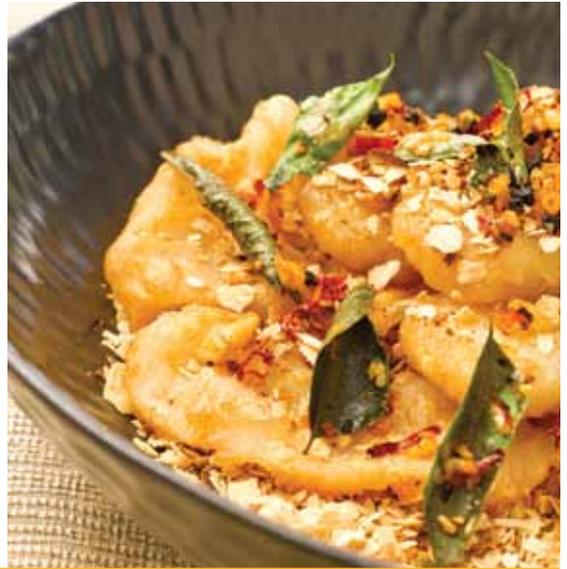


BEI FONG TANG



CHEF
YONG BING NGEN

"This is a Hong Kong-style dish called the 'Bei Fong Tang.' You can replace scallops and squids with fish."



INGREDIENTS

| | |
|---------------------------------------|-------|
| • Scallops | 4 |
| • Squid, sliced | 8 |
| • Lettuce | 100g |
| • <i>Nestlé</i> Nesvital Instant Oats | 100g |
| • Garlic | 100g |
| • Black beans | 5g |
| • Chilli padi, chopped | 1 |
| • Curry leaves, chopped | 10 |
| • Dried chilli, chopped | 1 |
| • Shallots, sliced | 2 |
| • Corn starch | 100g |
| • Sunflower oil | 2 tsp |
| • Salt, to taste | |
| • Sugar, to taste | |

STEPS

1. Coat the squid and scallops with corn starch.
2. Heat oil and pan-fry the squid and scallops till half-cooked. Set aside.
3. Fry the garlic and oats in a wok until fragrant. Add the chilli padi, curry leaves, dried chilli, black beans and shallots until fragrant.
4. Add the scallops and squid, and continue to stir-fry.
5. Adjust seasoning to desired taste.
6. Place lettuce leaves on a plate, then the scallops and squid, and add the remaining oats on top.

HEALTHY COOKING TIPS

1. Heat oil till hot before cooking. This will shorten your cooking time and reduce the amount of oil absorbed by the ingredients.
2. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
3. Fruits, vegetables, oats and beans are rich in soluble fibre, which helps lower blood cholesterol.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 203kcal, Carbohydrate 32.9g, Protein 13.4g, Total fat (g and % of total calories) 2.2g (9.5%), Saturated fat 0.14g, Cholesterol 76mg, Dietary Fibre 2.9g, Sodium 255mg.



BAMBOO PITH AND TOFU PARCELS



CHEF
ERIC TEO

"Bamboo pith is an ingredient that's commonly used with fish maw for soup, but you can get creative and stuff it with your favourite ingredients."

INGREDIENTS

- Bamboo pith 8
- FairPrice silken tofu 1 pack
- Chinese mushroom, soaked and chopped 1 tbsp
- Water chestnut, chopped 2
- Golden needle flowers 8
- Broccoli, cut into florets, blanched 8 florets
- Corn starch 2 tsp
- Egg white 1/2
- Water 4 tbsp
- Concentrated chicken stock 1 tsp
- Canola oil 1 tsp
- Salt a pinch
- Pepper a pinch

STEPS

1. Rinse the bamboo pith. Soak in water until swollen and soft.
2. Remove the hard stems.
3. Soak the golden needle flowers until soft.
4. Mash the tofu. Add the chopped mushrooms and water chestnuts.
5. Add salt, pepper, 1 teaspoon corn starch and egg white to the mixture. Stir to mix well.
6. Squeeze out water from the bamboo pith and widen the openings.
7. Stuff the tofu mixture until the bamboo pith is 90% full.
8. Tie up the ends with soft golden needle flowers. Repeat for all of the bamboo fungus.
9. Arrange on a plate and steam for 15 minutes.
10. Place the broccoli and stuffed bamboo pith on a serving plate.
11. Heat canola oil in the wok.
12. Add water and the concentrated chicken stock and thicken with the remaining corn starch.
13. Drizzle the mixture over the stuffed bamboo pith. Serve immediately.

HEALTHY COOKING TIPS

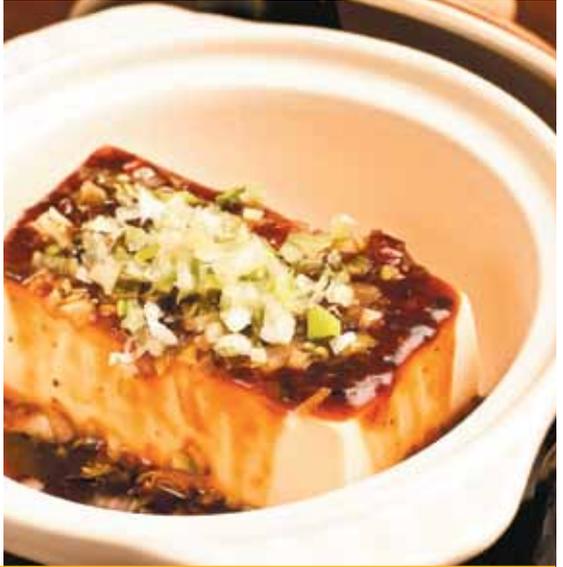
1. Cook and serve vegetables just before eating to get their maximum nutrient value.
2. Use unsaturated (e.g. canola or olive oil) instead of saturated oil (e.g. ghee or butter) to lower your risk for heart disease.
3. Low in saturated fat but high in protein, beancurd, pulses, lentils, peas and beans can replace meat in some dishes.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 101kcal, Carbohydrate 11.5g, Protein 7.3g, Total fat (g and % of total calories) 2.9g (25.8%), Saturated fat 0.4g, Cholesterol 0mg, Dietary Fibre 6.2g, Sodium 415mg.

BEANCURD

WITH CHILLI BEAN SAUCE



CHEF
ERIC TEO

"What makes this dish special is the unique mix of spicy and savoury flavours, which comes from mixing chilli sauce with black beans. For those who don't like their dishes spicy, just omit the chilli."

INGREDIENTS

- FairPrice Silken Tofu, cut into 4pcs 2 packs
- Chilli sauce with black beans 4 tbsp
- Spring onions, finely cut 2

STEPS

1. Transfer the silken tofu onto plate.
2. Place half a tablespoon of chilli sauce with black beans on top of each piece of silken tofu, and spread evenly.
3. Steam over medium-heat for 5 minutes.
4. Garnish with finely cut spring onions and serve immediately.

HEALTHY COOKING TIPS

1. Steaming is a healthy, low-fat way to cook that brings out the flavours of fresh ingredients.
2. Use fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of soup stock.
3. Beancurd, pulses, lentils, peas and beans are good sources of protein, and are low in saturated fat. They can replace meat in some dishes.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 96kcal, Carbohydrate 6.8g, Protein 10.2g, Total fat (g and % of total calories) 3.3g (30.3%), Saturated fat 0.7g, Cholesterol 0mg, Dietary Fibre 2.7g, Sodium 5mg.

BRUSSELS SPROUT INGOTS

WITH MINCED CHICKEN PATTIES



**CHEF
ERIC TEO**

"You can also add other ingredients such as chopped mushrooms into the minced meat mixture, or replace minced chicken with minced pork."

INGREDIENTS

- Chicken breast, minced 300g
- Brussels sprouts 8
- Water chestnut, chopped 4
- Ginger, finely chopped 10g
- Rice bran oil 1 tsp
- Oyster sauce 3 tbsp
- Water 4 tbsp
- FairPrice White Sesame Oil 1 tsp
- Cornstarch 4 tbsp
- Red chilli, finely chopped 1
- Salt & pepper, to taste

STEPS

1. Wash and pat the chicken breast dry. Chop finely until the chicken breast is minced.
2. Add water chestnut, ginger, sesame oil, 1 teaspoon of corn starch, and season with salt and pepper to taste. Stir to mix well and put aside.
3. Rinse the brussel sprouts and cut into halves.
4. Put a bit of cornstarch on each of the brussel sprouts, and paste the minced chicken patties on top of the brussel sprouts.
5. Place some finely chopped red chilli on top as well.
6. Arrange the brussel sprouts on a steamer lined with aluminium foil. Steam over high-heat for 8-10 minutes.
7. Heat 1 teaspoon of oil in a wok. Add water and the oyster sauce.
8. Thicken the sauce with cornstarch. Pour the sauce over the steamed brussel sprouts.
9. Ready to serve.

HEALTHY COOKING TIPS

1. Cook and serve vegetables just before eating to get their maximum nutrient value.
2. Lean meat is flavourful yet low-fat. To make it healthier, remove the visible fat and skin before cooking.
3. Low in sodium but high in potassium, vegetables help maintain a healthy blood pressure.

NUTRITION INFORMATION (Servings per dish: 4)

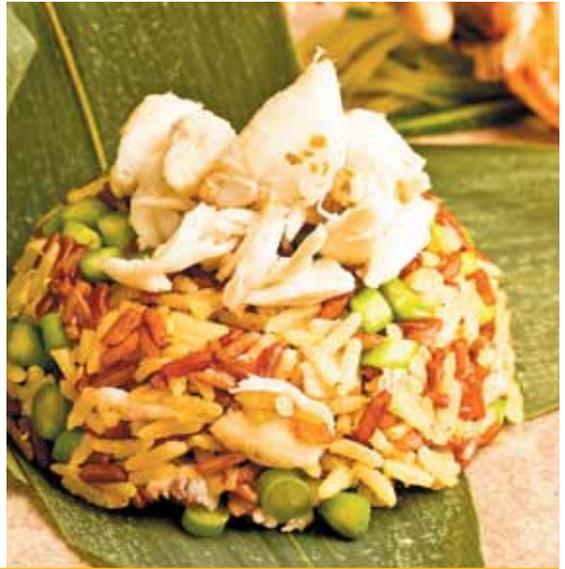
Per Serving: Energy (1kcal = 4.2kJ) 156.0kcal, Carbohydrate 12g, Protein 19.1g, Total fat (g and % of total calories) 3.4g (19.7%), Saturated fat 0.9g, Cholesterol 43mg, Dietary Fibre 2.1g, Sodium 514mg.

CRABMEAT FRIED RICE



CHEF
ERIC TEO

"Crabmeat is a Singaporean favourite. Crabmeat fried rice is a good way of adding this favourite seafood into an everyday dish! It also adds sweetness to the dish."



INGREDIENTS

- Crabmeat, steamed 150g
- Garlic cloves, finely chopped 2
- Ginger, finely chopped 10g
- Spring onion, finely cut 1 stalk
- Egg, beaten 1
- Egg whites, beaten 2
- Rice bran oil 2 tbsp
- FairPrice Healthy Rice, cooked 600g
- Kailan stalk, blanched and cut into small cubes 100g
- Sesame oil 1 tsp
- Salt & pepper, to taste

STEPS

1. Heat the oil in a wok till hot. Add the garlic, ginger and fry till light golden brown.
2. Pour the eggs into the wok then stir quickly to scramble.
3. Lower the heat and stir in the rice and kailan stalk. Add salt and pepper seasoning to taste.
4. Turn up the heat and stir-fry for another 2-3 minutes.
5. Add the crabmeat and sesame oil. Stir-fry for 1-2 minutes.
6. Transfer to a serving dish. Garnish with spring onions.
7. Serve immediately.

HEALTHY COOKING TIPS

1. Use more water when cooking whole grains, as they absorb more water than refined grains.
2. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
3. Plant-based foods such as whole grains (for example, brown rice, wholemeal bread and oats), vegetables, fruits and beans are rich in fibre, which promotes the feeling of fullness and also helps control your blood sugar.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 404kcal, Carbohydrate 60g, Protein 16.3g, Total fat (g and % of total calories) 10.3g (23.3%), Saturated fat 1.4g, Cholesterol 90mg, Dietary Fibre 1.2g, Sodium 443mg.



CHICKEN YAKIUDON



CHEF
ERIC TEO

"You can substitute this with any other noodles, even spaghetti."

INGREDIENTS

- Udon noodles 2 packs
- Chinese cabbage, shredded 50g
- Red chilli, shredded 1
- Bean sprouts 30g
- Cloves garlic, minced 2
- Chicken breast, skinless, sliced thinly 1
- Eggs 2
- FairPrice Corn Oil 4 tsp
- Light soya sauce 1 tsp
- Sweet soy sauce 2 tbsp
- Sesame oil 1 tsp
- Salt & pepper, to taste

STEPS

1. Blanch the udon in hot water for 1 minute and immediately soak in cold water. Set aside and drain before cooking.
2. Heat the corn oil in a wok till hot. Add the garlic and shredded chicken breast. Fry till light golden brown.
3. Break the eggs into the wok. Stir quickly to scramble. Lower the heat and fry chinese cabbage, bean sprouts and red chilli for 1-2 minutes.
4. Add the udon, light soya sauce, sweet soy sauce, sesame oil and salt and pepper to taste.
5. Stir evenly and fry for 2-3 minutes till the udon is soft.
6. Serve immediately.

HEALTHY COOKING TIPS

1. Heat oil till hot before stir-frying. This will shorten your cooking time and reduce the amount of oil absorbed by the ingredients.
2. Leaner cuts of meat (such as skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To enhance their healthfulness, remove the visible fat and skin before cooking.
3. Vegetables and fruits are rich in vitamins, fibre and phytochemicals (beneficial plant substances such as carotenoids and flavonoids) that help lower the risk for some cancers.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 304kcal, Carbohydrate 35g, Protein 19g, Total fat (g and % of total calories) 9.5g (28.5%), Saturated fat 1.6g, Cholesterol 140mg, Dietary Fibre 0.33g, Sodium 490mg.

COLD BEANCURD

WITH BRAISED KINOKO



CHEF YEN KOH

"This is a 'fusion' dish combining Chinese and Japanese elements, like mushrooms and tofu."

INGREDIENTS

| | |
|--|---------|
| • FairPrice Silken Tofu | 1 box |
| • Canola oil | 2 tsp |
| • Garlic, minced | 20g |
| • Assorted Japanese mushrooms (kinoko) | 200g |
| • Dark soy sauce | 1 tsp |
| • Light soy sauce | 2 tsp |
| • Abalone sauce | 5 tsp |
| • Spring onion, chopped | 2.5g |
| • Fried shallots | 1/2 tsp |
| • Fried garlic oil | 1/2 tsp |

STEPS

1. In a pre-heated wok, add oil and fry garlic till fragrant.
2. Add the mushrooms and stir-fry for 2 minutes.
3. Season with condiments and adjust taste if necessary.
4. Spoon mushrooms over cold tofu. Garnish with spring onions and fried shallots.
5. Drizzle with fried garlic oil.

HEALTHY COOKING TIPS

1. Grilling or baking, instead of deep frying, is a great way to create tasty dishes that are healthier and lower in fat.
2. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
3. Vegetables such as tomatoes, corn, peas and mushrooms are good sources of glutamate, which aids memory and learning. These vegetables also act as natural flavour enhancers.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 94kcal, Carbohydrate 7.1g, Protein 6.6g, Total fat (g and % of total calories) 4.8g (44.2%), Dietary Fibre 1.6g, Saturated fat 0.8g, Sodium 279mg, Cholesterol 0mg.

DEITY WITH GOURD AND FAN



CHEF
ERIC TEO

"Bittergourd is an ingredient which some love, and some hate. I love the combination of bitter gourd and mushrooms!"

INGREDIENTS

| | |
|------------------------------------|---------|
| • Bitter gourd | 200g |
| • Fresh oyster mushrooms, blanched | 100g |
| • FairPrice Abalone Sauce | 2 tbsp |
| • Water | 6 tbsp |
| • Corn oil | 1 tsp |
| • Corn starch | 2 tbsp |
| • Salt | 1 tsp |
| • Water, for soaking bittergourd | 4 cups |
| • Water, for blanching bittergourd | 4 cups |
| • Sugar | 1/2 tsp |

STEPS

1. Cut the bitter gourd lengthwise and remove the seeds. Slice into medium pieces.
2. Rinse the bitter gourd slices. Mix water with salt. Soak the bitter gourd in slightly salted water for 2 minutes. Drain.
3. Blanch the bitter gourd in boiling water with 2 teaspoons of sugar for 2 minutes. Drain and set aside.
4. Heat oil in a wok. Add water and abalone sauce.
5. Add the mushrooms and stir fry for a few minutes. Add cornstarch and mix well to thicken evenly.
6. Transfer the bitter gourd onto a plate. Place the mushrooms on the side. Serve hot.

HEALTHY COOKING TIPS

1. Cook vegetables lightly or until just cooked to retain their crunch and flavour. Overcooking will reduce their nutritional value.
2. Use fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of your dishes.
3. Vegetables and fruits are rich in vitamins, fibre and phytochemicals (beneficial plant substances such as carotenoids and flavonoids) that help lower the risk for some cancers.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 75kcal, Carbohydrate 9.7g, Protein 1.6g, Total fat (g and % of total calories) 3.7g (42.1%), Saturated fat 0.4g, Cholesterol 0mg, Dietary Fibre 2.2g, Sodium 323mg.

FLAT NOODLES

WITH PEPPER MEDLEY



CHEF
ERIC TEO

"Serve on a dried opeh leaf as it helps to further absorb the oil and adds flavour."

INGREDIENTS

| | |
|---|------------|
| • Medium prawns, shelled | 12 |
| • Kway teow | 600g |
| • Bean sprouts | 100g |
| • Red capsicum, shredded | 20g |
| • Yellow capsicum, shredded | 20g |
| • Green capsicum, shredded | 20g |
| • Garlic cloves, chopped | 2 |
| • Eggs, lightly beaten | 1 |
| • Canola oil | 1 1/2 tbsp |
| • Light soya sauce | 1 tbsp |
| • Dark soya sauce | 2 tbsp |
| • Nestlé Maggi Black Pepper mix, mixed with 2 tbsp of water | 40g |

STEPS

1. Heat oil in a wok and stir-fry garlic until light brown.
2. Add the prawns and stir-fry until cooked.
3. Add the eggs and fry until fragrant.
4. Add the kway teow and stir-fry until well-mixed. Add the bean sprouts, capsicum, black pepper sauce, light and dark soya sauce, salt and pepper to the mixture.
5. Stir-fry over medium heat for 2 minutes, mixing all the ingredients well.
6. Serve immediately.

HEALTHY COOKING TIPS

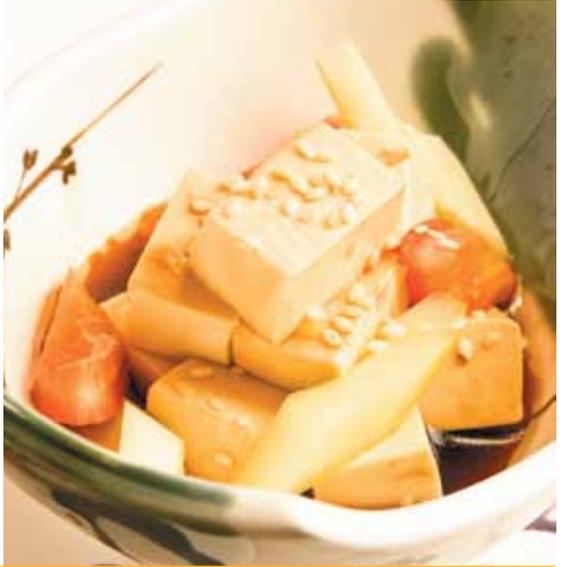
1. Heat oil till hot before stir-frying. This will shorten your cooking time and reduce the amount of oil absorbed by the ingredients.
2. The recommended amount for sodium is not more than 1 teaspoon of salt a day.
3. Colourful fruits and vegetables are packed with nutrients and phytochemicals, so add them to rice, noodles and even meat dishes for nutritious and balanced meals.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 332kcal, Carbohydrate 54.9g, Protein 12.9g, Total fat (g and % of total calories) 6.9g (27.2%), Saturated fat 1.0g, Cholesterol 111mg, Dietary Fibre 0.5g, Sodium 474mg.



HOKKAIDO TOFU ISLAND



CHEF
ERIC TEO

"This Japanese-style dish makes a good starter."

INGREDIENTS

- Tomato 2
- Silken tofu 200g
- Celery 4 stalks

DRESSING

- Sesame oil 1 tsp
- Mirin 2 tsp
- Soy sauce 1 tsp
- Sesame seeds 1 tsp
- Water 1 tbsp

STEPS

1. Rinse the tofu, pat-dry and cut into 1/4-inch slices. Sandwich between paper towels to absorb as much water as possible.
2. Mix the ingredients for the dressing.
3. Combine the tofu, tomato and celery, then toss with salad dressing.
4. Serve chilled.

HEALTHY COOKING TIPS

1. Cook and serve vegetables just before eating to retain their maximum nutrient value.
2. Make your own healthy salad dressing to control the amount of fat, oil or seasoning.
3. Beancurd, pulses, lentils, peas and beans are good sources of protein, and are low in saturated fat. They can replace meat in some dishes.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 59kcal, Carbohydrate 6.3g, Protein 3.6g, Total fat (g and % of total calories) 2.5g (36.4%), Saturated fat 0.5g, Cholesterol 0mg, Dietary Fibre 1.9g, Sodium 104mg.

IKAN BAKAR MULLET MERAH



CHEFS KINTAMANI

"Substitute mullet with any of your favourite fish, such as salmon and seabass."

INGREDIENTS

FISH

- Red mullet fish 500g
- Small lime 4
- Sweet soya sauce 2 tbsp
- Shallots, sliced 10g
- Rice bran cooking oil 2 tsp
- Salt & pepper, to taste

SAUCE

- Maggi Chilli Sauce, 1 tbsp
- Red chilli, sliced 5g
- Lime leaf 2

STEPS

1. Marinate the fish in lime, salt, pepper and oil.
2. Grill until the fish is cooked.
3. Mix all other ingredients for the sauce with a dash of lime. Serve on the side with the grilled fish.

HEALTHY COOKING TIPS

1. Grilling or baking, instead of deep frying, is a great way to create tasty dishes that are healthier and lower in fat.
2. The recommended amount for sodium is not more than 1 teaspoon of salt a day.
3. Instead of salt, use fresh herbs and spices to add interesting and varied flavours to this dish.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 191kcal, Carbohydrate 5.0g, Protein 24.9g, Total fat (g and % of total calories) 7.0g (34.5%), Saturated fat 1.9g, Cholesterol 61mg, Dietary Fibre 0.2g, Sodium 389mg.



NASI LIWET



CHEFS KINTAMANI

"Don't be surprised if you find this dish familiar – it reminds us of our Singaporean local dish, the Nasi Lemak."



INGREDIENTS

- Brown unpolished rice 300g
- Maggi Nasi Goreng Paste 30g
- Egg 2
- Olive oil 1 tsp
- Salt a pinch
- Pepper a pinch

STEPS

1. Steam the rice until cooked.
2. Remove the rice and mix with Maggi Nasi Goreng paste, and season with pepper.
3. Beat 2 eggs well, adding a pinch of salt and pepper.
4. Heat 1 teaspoon of cooking oil and pour in the egg mixture to make a thin omelette.
5. Roll the omelette and cut it thinly and mix it with rice.
6. Clean the banana leaf and put the rice in the middle and roll it up, securing with toothpicks.
7. Grill the wrapped rice in banana leaf in an oven for 5 to 10 minutes until fragrant.
8. Serve.

HEALTHY COOKING TIPS

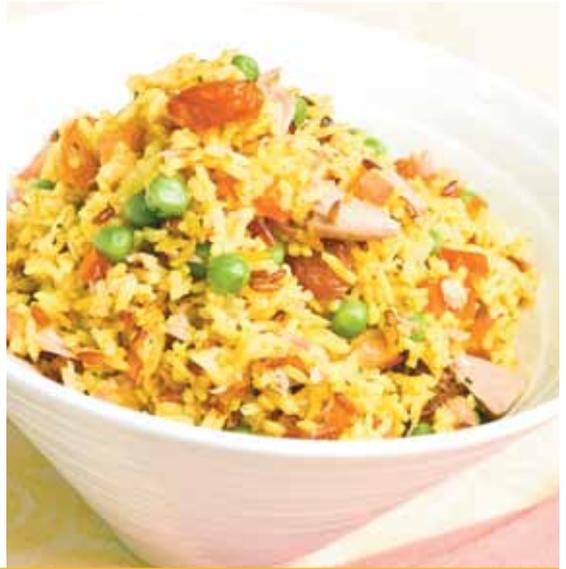
1. Use more water when cooking whole grains, as they absorb more water than refined grains.
2. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
3. Whole grain rice is high in fibre and helps control blood sugar and cholesterol.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 241kcal, Carbohydrate 38g, Protein 7.4g, Total fat (g and % of total calories) 6.6g (24.5%), Saturated fat 1g, Cholesterol 106mg, Dietary Fibre 1.4g, Sodium 628mg.



NASI KUNING



CHEF
YEN KOH

"A simple way of creating this recipe is to cook the rice first and mix the other solid ingredients while the rice is still warm."

INGREDIENTS

- FairPrice White Rice 180g
- FairPrice Brown Rice 70g
- Canola oil 1 tbsp
- Turmeric powder 1 tbsp
- Coriander powder 2 tbsp
- Garlic 1 tbsp
- Peppercorn 1 tbsp
- Pandan leaf 1
- Low-fat evaporated milk 3/4 cup
- Water 2 cups
- Canned tuna flakes, unsalted 200g
- Tomatoes, diced 50g
- Green peas 50g
- Raisin/Sultanas 1 tbsp
- Almond flakes 1 tbsp
- Lime leaves, finely chopped 3
- Lemon grass, chopped 2 tbsp
- Salt to taste

STEPS

1. Wash the rice and drain.
2. Heat the oil in a non-stick wok. Stir-fry the rice, turmeric, coriander, garlic, lemon grass and lime leaves.
3. Transfer to a rice cooker. Add peppercorns, pandan leaf, salt, low-fat evaporated milk and water. Then bring to a boil with the lid uncovered.
4. Stir to mix. Cover rice cooker and let it simmer till cooked.
5. Fold in the tuna, diced tomatoes and green peas while the rice is hot.
6. Garnish with raisins, almond flakes, lime leaves and lemon grass.
7. Serve hot.

HEALTHY COOKING TIPS

1. Use more water when cooking whole grains, as they absorb more water than refined grains.
2. Use fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of your dishes.
3. Vegetables such as tomatoes, corn, peas and mushrooms are good sources of glutamate, which aids memory and learning. These vegetables also act as natural flavour enhancers.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 412kcal, Carbohydrate 62g, Protein 20.1g, Total fat (g and % of total calories) 6.2g (14.6%), Saturated fat 1.1g, Cholesterol 17mg, Dietary Fibre 3.0g, Sodium 485mg.



SLOW-BOILED STUFFED CHICKEN

WITH GINSENG BROTH



CHEF
YEN KOH

"This was inspired by the popular Korean ginseng chicken dish. You can also add a dash of Chinese wine to add a more 'Chinese' flavour."

INGREDIENTS

| | |
|---|---------|
| • Water | 8 cups |
| • Fresh chicken, medium-sized | 1 |
| • Fresh carrots, peeled and cut into quarters | 110g |
| • Onion, peeled and cut into quarters | 80g |
| • Glutinous rice | 160g |
| • Dry ginseng herb pack | 2pkts |
| • Red dates | 20g |
| • Chinese wine (optional) | 5 tsp |
| • Salt | 3/4 tsp |

STEPS

1. Boil water in a stock pot. Add salt and the herb packs, then simmer.
2. Stuff the chicken cavity with vegetables and rice. Seal the cavity with a satay stick or string.
3. Poach the chicken in simmering stock for 1 hour. Turn off the heat and leave covered for 30 minutes to cook the chicken further.
4. Discard the chicken skin and cut the meat into pieces. Skim off excess oil from the soup.
5. Serve with rice, vegetables and ginseng broth as a full meal.

HEALTHY COOKING TIPS

1. For stews, soup-based or braised dishes, skim away visible fat or oil after cooking to maximise the healthfulness of the dish.
2. Use fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of soup stock.
3. Cooking carrots and tomatoes helps release their phytochemicals, making them available for the body to absorb.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 327kcal, Protein 30.4g, Total fat (g and % of total calories) 4.9g (13.6%), Saturated fat 1.0g, Cholesterol 88mg, Carbohydrate 38.3g, Dietary Fibre 1.8g, Sodium 565mg.

SALMON AU NATURALE



CHEF
ERIC TEO

"This dish is rich in omega-3 goodness."

INGREDIENTS

| | |
|---------------------------------|---------|
| • Salmon fillet, 100g-120g each | 4 |
| • Spring onion | 4 |
| • Ginger | 20g |
| • Red chilli | 3 |
| • Salt | 1/2 tsp |
| • Rice wine | 2 tbsp |
| • Ground black pepper | 1 tsp |
| • Olive oil | 1 tbsp |

STEPS

1. Place the salmon on a plate and season with salt, rice wine and ground black pepper.
2. Marinate for 5 minutes.
3. Heat olive oil in a pan.
4. Stir-fry the spring onions and ginger till fragrant.
5. Fry the marinated salmon in a pan until golden brown on both sides.
6. Sprinkle with shredded chilli. Serve hot.

HEALTHY COOKING TIPS

1. Heat oil till hot before cooking. This will shorten your cooking time and reduce the amount of oil absorbed by the ingredients.
2. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
3. Oily fish (such as salmon, sardines and mackerel) contain Omega-3 fatty acids, which help prevent heart disease and stroke.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 190kcal, Protein 24.3g, Total fat (g and % of total calories) 7.7g (37.5%), Saturated fat 1.2g, Cholesterol 62mg, Carbohydrate 2.5g, Dietary Fibre 0.5g, Sodium 325mg.

SEARED COD

WITH ORANGE DRESSING



CHEF
YEN KOH

"This is a versatile dressing that can be used for other seafood or fish dishes."

INGREDIENTS

- Cod fillet 600g
- White pepper 1/2 tsp
- Salt, to taste

ORANGE DRESSING

- Orange juice 120ml
- FairPrice Olive Oil 2 tsp
- Lemon juice 4 tsp
- Yogurt, low fat 2 tbsp
- Tomatoes, diced 120g
- Cucumber, diced 120g

STEPS

1. Using a hand blender, process all the ingredients (except the vegetables) for the dressing.
2. Toss the diced tomatoes and cucumber once the dressing is ready. Chill for 10 minutes.
3. Rub the cod fish with salt and pepper.
4. Sear the cod till it turns slightly brown.
5. Transfer to a rack and continue to cook in a pre-heated oven at 190°C for 4 minutes.
6. Serve with dressing.

HEALTHY COOKING TIPS

1. Enjoy the edible skins of fruits and vegetables. They provide additional fibre and other nutrients.
2. Make your own healthy salad dressing to control the amount of fat, oil or seasoning.
3. Oily fish (such as salmon, sardines and mackerel) contain Omega-3 fatty acids, which help prevent heart disease and stroke.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 175kcal, Protein 27.8g, Total fat (g and % of total calories) 3.8g (19.8%), Saturated fat 0.7g, Cholesterol 65mg, Carbohydrate 6.6g, Dietary Fibre 0.7g, Sodium 234mg.



STEAM COD FISH

IN HERBAL STOCK WITH ENOKI
AND GANODERMA MUSHROOMS



RECIPE DEVELOPED BY
TAN TOCK SENG HOSPITAL -
HOSPITALITY & GENERAL SERVICES,
COMPLEMENTARY INTEGRATIVE MEDICINE
CLINIC AND DIETETICS DEPARTMENT

INGREDIENTS

- Cod 100g
- Red dates 10g

HERBS

- Bai He 5g
- Huai Shan 10g
- Dang Shen 10g
- Yu Zhu 10g
- Wolfberries 5g

Mushrooms

- Enoki mushrooms 15g
- Ganoderma mushrooms 15g

STEPS

1. Place the herbs in a pot with 300mL of water, and boil for 35 minutes.
2. Steam the cod over high heat for 6 minutes.
3. Add the mushrooms, and steam for 2 more minutes.
4. Pour the herbal stock over the cod. Serve hot on a plate.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2KJ) 316kcal, Protein 30g, Fat 2g, Cholesterol 52g, Sodium. 87g

TRADITIONAL TEOCHEW STEAMED FISH



CHEF
ERIC TEO

"This Teochew style of cooking a fish is one of the best ways to taste the freshness of the fish."

INGREDIENTS

- Fish fillet, 4pcs 400 g
- Tomato, thinly sliced with seeds removed 1
- Ginger, thinly sliced 10g
- Chinese mushrooms, thinly sliced 4
- FairPrice Silken Tofu, thinly sliced 1 pack
- Salted plum 4
- Spring onion, shredded 2
- Coriander leaves 5g
- Thai fish sauce 1 tbsp
- Water 2 tbsp
- Sugar 1/2 tsp
- Sesame oil 1 tsp
- Salt & pepper, to taste

STEPS

1. Soak the Chinese mushrooms until soft. Remove the stems.
2. Blanch in boiling water for 3 minutes and remove immediately. Drain and slice thinly.
3. Mix all the ingredients (except the spring onions and coriander leaves) in a bowl.
4. Place the mixed ingredients on top of the fillet and steam for about 10-13 minutes.
5. Garnish the fillet with shredded spring onions and coriander leaves.
6. Serve immediately.

HEALTHY COOKING TIPS

1. Steaming is a healthy, low-fat way to cook that brings out the flavours of fresh ingredients.
2. Oily fish (such as salmon, sardines and mackerel) contain Omega-3 fatty acids, which help prevent heart disease and stroke.
3. Cooking carrots and tomatoes helps release their phytochemicals, making them available for the body to absorb.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 171kcal, Protein 26.3g, Total fat (g and % of total calories) 3.8g (20.3%), Saturated fat 0.7g, Cholesterol 49mg, Carbohydrate 7.1g, Dietary Fibre 3.4g, Sodium 559mg.

TUM IKAN MERAH JAMUR, BALINESE STYLE



CHEFS KINTAMANI

"If there's no banana leaf, you can also use aluminium foil. You can also have the best of both worlds by wrapping with banana leaf and then aluminium foil, so you won't dirty your oven and better flavours."

INGREDIENTS

- Red snapper fillet 300g
- Fresh mushroom, sliced 30g
- Ginger, pounded 5g
- Shallots, pounded 10g
- Turmeric, pounded 15g
- Lemongrass, pounded 1 stick
- Candlenut, pounded 10g
- Banana leaf, extra large 1 pc
- Maggi Chilli Sauce 1 tbs
- Salt & pepper, to taste

STEPS

1. Mix all ingredients (except fish) together.
2. Place the fish on a banana leaf and pour ingredients over it, then wrap the banana leaf.
3. Steam for about 10 minutes until cooked, then serve.

HEALTHY COOKING TIPS

1. Steaming is a healthy, low-fat way to cook that brings out the flavours of fresh ingredients.
2. Instead of salt, use fresh herbs and spices to add interesting and varied flavours to your dishes.
3. Oily fish (such as salmon, sardines and mackerel) contain Omega-3 fatty acids, which help prevent heart disease and stroke.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 110kcal, Protein 16.0g, Total fat (g and % of total calories) 2.8g (22.8%), Saturated fat 0.2g, Cholesterol 19mg, Carbohydrate 5.5g, Dietary Fibre 0.4g,



GINGER-INFUSED HONEY CHAWANMUSHI



CHEF
ERIC TEO

"For guests who don't like their desserts too sweet, this is always a winner."



INGREDIENTS

- | | |
|--|--------|
| • Low-fat milk | 2 cups |
| • FairPrice The Pasar Eggs, lightly beaten | 2 |
| • Egg whites | 4 |
| • Ginger juice | 1 tsp |
| • Honey | 2 tbsp |

STEPS

1. Whisk the eggs and egg whites.
2. Stir in the milk and ginger juice. Strain.
3. Pour the mixture into a small bowl.
4. Cover the bowl of mixture with an aluminium foil or plate.
5. Steam for 8 to 10 minutes over medium - low heat.
6. Add honey. Serve hot.

HEALTHY COOKING TIPS

1. Steaming is a healthy, low-fat way to cook that brings out the flavours of fresh ingredients.
2. Substitute whole eggs with egg whites to lower your cholesterol intake.
3. Milk and dairy products provide calcium, which is essential for healthy bone growth and development.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 151kcal, Protein 11g, Total fat (g and % of total calories) 5g (29.8%), Saturated fat 2.3g, Cholesterol 116mg, Carbohydrate 15.7g, Dietary Fibre 0.2g, Sodium 141mg.

MIXED FRUITS

WITH A HINT OF SPICE



CHEFS
YEN KOH

"The colours of the fruits, together with the sweet and sour flavours, with the aromas of the herbs, make this an ideal salad anytime."

INGREDIENTS

- | | |
|---|-------|
| • Pineapple (canned), drained and cubed | 300g |
| • Dragon fruit, diced | 1 |
| • Kiwi fruit, diced | 1 |
| • Strawberry, diced | 3 |
| • Basil or mint, shredded | 1 tsp |
| • Lime | 1 |
| • Orange | 1 |

STEPS

1. In a mixing bowl, combine all the ingredients and toss lightly. Refrigerate and serve cold.

HEALTHY COOKING TIPS

1. Cut and prepare fruits just before serving to prevent nutrient loss.
2. Instead of sugar, use fresh or dried fruits, fresh/ canned fruit juice or fruit sauces. They're a healthier way to sweeten your desserts.
3. Vegetables and fruits are rich in vitamins, fibre and phytochemicals (beneficial plant substances such as carotenoids and flavonoids) that help lower the risk for some cancers.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 108kcal, Protein 1.5g, Total fat (g and % of total calories) 1.1g (8.8%), Saturated fat 0.1g, Cholesterol 0mg, Carbohydrate 24.6g, Dietary Fibre 2.5g, Sodium 2 mg.

PISANG RAI



CHEFS KINTAMANI

"For best results, use ripe pisang raja or kepok bananas from the market as these are sweeter."

INGREDIENTS

| | |
|------------------|--------|
| • Banana kepok | 4 |
| • Grated coconut | 40g |
| • Rice flour | 50g |
| • Water | 6 cups |
| • Pandan leaf | 1 |
| • Brown sugar | 1 tbsp |
| • Salt, to taste | |

STEPS

1. Place the rice flour in a deep mixing bowl. Make a well in the middle of the flour, and add water and salt. Whisk vigorously until the batter is evenly smooth for coating and not too thin (If too thin, add more rice flour).
2. Add the bananas to the rice flour batter.
3. Boil the pandan leaf in 6 cups of water and sprinkle a pinch of salt.
4. Boil the well-coated bananas in water over very low heat for approximately 10 minutes.
5. Remove the bananas and dry with a clean kitchen towel.
6. Sprinkle with freshly grated coconut and brown sugar.
7. Serve.

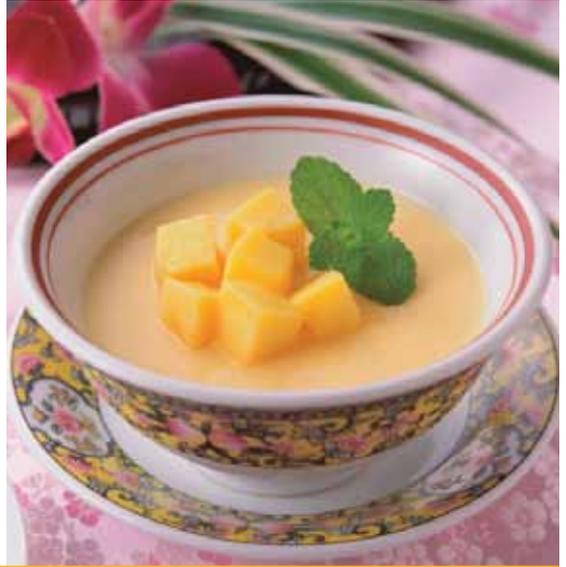
HEALTHY COOKING TIPS

1. Use measuring spoons and cups to determine the right amount of oil and seasoning for cooking.
2. Instead of sugar, use fresh or dried fruits, fresh/ canned fruit juice or fruit sauces. They're a healthier way to sweeten your desserts.
3. Fruits and vegetables are low in sodium and high in potassium. They help maintain a healthy blood pressure.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 143kcal, Protein 2.0g, Total fat (g and % of total calories) 2.2g (13%), Saturated fat 1.6g, Cholesterol 0mg, Carbohydrate 30.7g, Dietary Fibre 2.6g, Sodium 155mg.

MANGO TOFU PUDDING



RECIPE DEVELOPED BY
KHOO TECK PUAT HOSPITAL,
ALEXANDRA HEALTH

INGREDIENTS

- Soft tofu (instead of cream),
mashed 220g
- Mango flesh (instead of
commercial puree) 300g
- Low-fat milk 30ml

CONDIMENT

- Honey (instead of sugar) 1 tbsp

STEPS

1. Mash the tofu.
2. Combine the mango and milk in a blender, and puree.
3. Pour in the tofu, and blend till smooth.
4. Add honey & blend for 1 minute more.
5. Serve immediately or chilled.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2KJ) 99kcal, Carbohydrate 15.8 g, Protein 5.3 g, Fat 1.3 g, Saturated Fat 0.2 g, Dietary Fibre 2.0 g, Cholesterol 0.3 mg, Sodium 18 mg.

Contributed by