

**INTERNATIONAL CUISINE**

**EAT WELL  
LIVE WELL**

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

# INTERNATIONAL CUISINE

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## LUNCH

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Jamaican Jerk Chicken

## DINNER

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Sate Basko Bakar

# JAMAICAN JERK CHICKEN



## CHEF YEN KOH



"Jerk' is a style of Jamaican cooking in which meats are dry-rubbed or marinated with a very hot spice mixture called Jamaican jerk spice. Thyme is an important ingredient, and this spice mix can be used for pork, red meats and seafood."

### INGREDIENTS

• Salt	1 tsp
• All spice powder	2 tsp
• Ground thyme	1 tsp
• Onion powder	1 tsp
• Garlic powder	1 tsp
• Nutmeg	1/2 tsp
• Black pepper	1 1/2 tsp
• Canola oil	5 tsp
• Chicken breast, skinless	800g

### STEPS

1. Mix all the spices and salt in a bowl. Add the oil, and mix to form a paste.
2. Rub seasoning over the chicken breast, and marinate for at least 2 hours or overnight.
3. On a grill, cook each portion of the marinated chicken for 2 minutes on each side.
4. Transfer to a rack and continue to cook in an pre-heated oven at 190°C for 6 minutes or until cooked.
5. Serve with a vegetable side dish or salad.

### 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. Instead of salt, use fresh herbs and spices to add interesting and varied flavours to your dishes.

### NUTRITION INFORMATION (Servings per dish: 4)

**Per Serving:** Energy (1kcal = 4.2kJ) 274kcal, Protein 46.5g, Total fat (g and % of total calories) 7.4g (25.4%), Saturated fat 1.0g, Cholesterol 116mg, Carbohydrate 2.6g, Dietary Fibre 0.8g, Sodium 616mg.

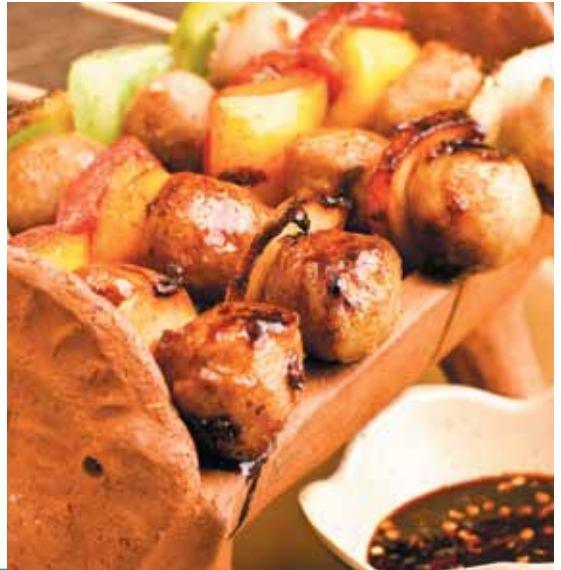
# SATE BAKSO BAKAR

## GRILLED MEATBALL SKEWERS WITH VEGETABLES



### CHEFS KINTAMANI

"You can alternate meatballs with your favourite vegetables, such as mushrooms, tomatoes, asparagus or celery, for your skewers."



#### INGREDIENTS

• Beef meatballs	160g
• Red capsicum, cut into medium pieces	60g
• Yellow capsicum, cut into medium pieces	60g
• Green capsicum, cut into medium pieces	60g
• Onions, cut into chunks	80g
• Tomato ketchup	2 tbsp
• Maggi Chili & Garlic Sauce	2 tbsp
• Bamboo skewer sticks	4
• Sweet soya sauce	2 tbsp
• Canola spread	1 tbsp
• Shallots, sliced	1
• Chilli Padi, chopped	2

#### STEPS

1. Skewer the ingredients, alternating meatballs and vegetables, then brush with canola spread, and grill until half cooked.
2. Mix the tomato ketchup, chili and garlic sauce, then brush on the meatballs, and continue grilling until meatballs are cooked through.
3. Mix the sweet soya sauce with shallots and chilli padi.
4. Serve the meatballs and vegetables with sweet soya sauce 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. 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. 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) 138kcal, Protein 10.0g, Total fat (g and % of total calories) 5.6g (36.7%), Saturated fat 1.6g, Cholesterol 21mg, Carbohydrate 11.7g, Dietary Fibre 0g, Sodium 356mg.

