

WESTERN CUISINE

**EAT WELL
LIVE WELL**

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

WESTERN CUISINE

APPETISER

Asparagus
with Smoked salmon and horseradish

Asparagus Gratin
topped with poached egg

Bruschetta Magherita

French Bean and Yogurt Antipasti

Kidney Bean Minestra

Tomato and Cheese Focaccia

BREAKFAST

Spanish Omelet

SIDE DISH

Eggplant Parmigiana
with Tomato Coulis

Pearl Barley Risotto

Risotto Primavera

LUNCH

Acai Super Berries Salad

Italian Style Chicken Porridge

Poached Chicken Sandwich
with mango mayonnaise

Penne Pasta
with basil pesto

Pizza Misto Funghi

Pear, Celery, and Dried Prune Salad

Red Rice & Silken Tofu Timbales
with green pea puree

Roasted Cashew and Orange Salad
with cider vinaigrette

Tangy Tuna Sandwich

Vegetable Stacks

Vegetarian Wrap

DINNER

Braised Brown Rice Spaghetti
with sliced beef

Chicken Herb Roll
with pumpkin puree

Grilled Chicken
with mushroom salsa

Homemade Pork Meatballs
with carrot cream sauce

Mashed Potato and Winter Vegetables

Mais Di Pepe Pork Loin

Potato Gratin

Pasta Alla Puttanesca

Red Snapper
baked in tomato herb stock

Roasted Pork Loin
with honey and mustard sauce

Steamed Mackerel Fillet
with marjoram, thyme and caramelised shallots

Spaghetti Aglio Olio Piccante Con il Broccoli

Tomato Herb Chicken

DESSERT

Buckwheat Pancake
drenched in orange and berry sauce

Chilled Papaya Smoothie

Mocha Mousse
with strawberry coulis

ASPARAGUS

WITH SMOKED SALMON AND HORSERADISH



CHEF
YEN KOH

"This dish is a Scandinavian classic, which is enjoyed by many foodlovers in Singapore. It can also be a breakfast dish, served with toast."

INGREDIENTS

• Asparagus	650g
• Salt	a pinch
• Black pepper	a pinch
• FairPrice Macadamia Oil	2 tsp
• Smoked salmon, pre-sliced	100g
• Horseradish	30g

STEPS

1. Boil the asparagus in salted water for 3 minutes. The asparagus should still be crunchy.
2. Drain and toss with black pepper and macadamia oil.
3. Serve with slices of smoked salmon and top with horseradish.

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. 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) 89kcal, Protein 8.4g, Total fat (g and % of total calories) 3.6g (33.1%), Saturated fat 0.7g, Cholesterol 5.8mg, Carbohydrate 7.9g, Dietary Fibre 3.6g, Sodium 224mg.



ASPARAGUS GRATIN

TOPPED WITH POACHED EGG



CHEFS GARIBALDI

"I love this unique way of slow-cooking the egg. It gives it a texture which is hard to achieve by cooking it over fire."



INGREDIENTS

• Green asparagus	300g
• Quail eggs	8
• Parmesan cheese, grated	40g
• Vinegar (1 tbsp to add to water for poaching eggs)	2 tbsp

STEPS

1. Boil asparagus for 10 minutes.
2. In a bowl, add a few drops of vinegar over low boiling water. Then break an egg and gently add it to the water.
3. When the egg white is cooked, remove and set aside.
4. Place the asparagus on a baking tray and sprinkle with Parmesan cheese. Bake in the oven at 200°C for 5 minutes.
5. Serve the asparagus with poached egg on top.

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. Cook and serve vegetables just before eating to retain their maximum nutrient value.
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) 89.0kcal, Protein 7.9g, Total fat (g and % of total calories) 4.9g (49.8%), Saturated fat 2.4g, Cholesterol 161mg, Carbohydrate 3.1g, Dietary Fibre 1.7g, Sodium 354mg.

BRUSCHETTA MAGHERITA



CHEFS GARIBALDI

"The melted cheese on the bruschetta adds an interesting texture and flavour to the classic bruschetta."



INGREDIENTS

- | | |
|---|----------|
| • Multigrain bread | 8 slices |
| • Fresh tomatoes | 3 |
| • Extra virgin olive oil | 1 tbsp |
| • FairPrice Reduced Fat Cheese, cut into half | 4 slices |

STEPS

1. Cut tomatoes into small cubes and season with olive oil.
2. Sprinkle the tomato cubes on the sliced bread and then cover each with half a cheese slice.
3. Bake for 5 minutes in the oven at 200°C until the cheese has melted.

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. 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) 260kcal, Protein 13g, Total fat (g and % of total calories) 2.9g (29.3%), Saturated fat 3g, Cholesterol 8mg, Carbohydrate 33g, Dietary Fibre 4.5g, Sodium 361mg.



FRENCH BEAN AND YOGURT ANTIPASTI



CHEFS GARIBALDI

"This healthy recipe can be prepared in just minutes. Perfect for days when you just want something light."



INGREDIENTS

- | | |
|-----------------------------|-------|
| • Green beans, frozen | 120g |
| • Red onion, sliced thinly | 40g |
| • Spinach leaves, fresh | 120g |
| • Nestlé Natural Set Yogurt | 100g |
| • Spring onion, chopped | 20g |
| • Balsamic vinegar | 4 tsp |

STEPS

DRESSING

1. Boil the beans in salted water for 10 minutes.
2. Strain and set aside to cool.
3. Mix all the vegetables except the spring onions and toss with olive oil and vinegar.
4. Pour yogurt over the salad and garnish with spring onions.

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. 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) 45kcal, Carbohydrate 7.0g, Protein 2.4g, Total fat (g and % of total calories) 0.4g (9.0%), Saturated fat 0.3g, Cholesterol 1.5mg, Dietary Fibre 1.6g, Sodium 117mg.



KIDNEY BEAN MINISTRA



CHEFS GARIBALDI

"This is the kind of soup that you can enjoy at all times. Packed with flavour, it's also very healthy."



INGREDIENTS

- | | |
|---|--------|
| • Red kidney beans, dry, soaked overnight | 160g |
| • Onion, chopped | 40g |
| • Prawns, frozen | 8/80g |
| • Rosemary, fresh | 5g |
| • Bayleaf, 2 leaves | 10g |
| • Water | 4 cups |
| • FairPrice Olive Oil | 5 tsp |
| • Salt, to taste | |

STEPS

1. Sauté chopped onions with olive oil in a pot, then add herbs.
2. Gradually add the beans and 1 litre of water. Cook for 1 hour until the beans are soft.
3. Blanch prawns for 3 minutes in boiling water and set aside.
4. Blend the soft beans until creamy.
5. Pour the kidney puree into 4 bowls, and place 2 steamed prawns on each bowl.
6. 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 fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of soup.
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) 220kcal, Protein 12.1g, Total fat (g and % of total calories) 6.6g (27.0%), Saturated fat 1.0g, Cholesterol 24mg, Carbohydrate 28.2g, Dietary Fibre 7.4g, Sodium 334mg.



TOMATO AND CHEESE FOCACCIA



CHEFS
YEN KOH

"You can also replace focaccia with wholemeal slices and pop it into the toaster."



INGREDIENTS

- | | |
|-------------------------|----------|
| • Focaccia bread | 4 slices |
| • Bottled pizza sauce | 80g |
| • Tomato, fresh, sliced | 120g |
| • Reduced fat cheese | 4 slices |
| • Olive oil | 1 tsp |

STEPS

1. Spread pizza sauce on focaccia bread.
2. Line with sliced tomatoes and reduced fat cheese slices. Bake in a pre-heated oven at 250°C for 7 minutes.
3. Drizzle some olive oil.
4. Slice the toast as desired and serve.

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. 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) 126kcal, Protein 6.0g, Total fat (g and % of total calories) 2.9g (20.7%), Saturated fat 0.8g, Cholesterol 2mg, Carbohydrate 19.0g, Dietary Fibre 1.1g, Sodium 321mg.

SPANISH OMELET

RECIPE DEVELOPED BY
NATIONAL DIABETES
EDUCATION PROGRAM



INGREDIENTS

- Small potatoes, peeled and sliced 5
- Medium onion, minced 1/2
- Small zucchini, sliced 1
- Green/red pepper, thinly sliced 1 1/2 cups
- Medium mushrooms, sliced 5
- Whole eggs, beaten 3
- Egg whites, beaten 5
- Part-skim mozzarella cheese, shredded 3oz
- Low-fat Parmesan cheese 1 tbsp
- Pepper and garlic salt with herbs, to taste
- Vegetable cooking spray

STEPS

1. Preheat oven to 375 °F.
2. Cook potatoes in boiling water until tender.
3. Add the onions and sauté until brown.
4. Add the vegetables and sauté until tender but not brown.
5. In a medium mixing bowl, slightly beat eggs and egg whites, pepper, garlic salt and low-fat mozzarella cheese.
6. Stir the egg-cheese mixture into the cooked vegetables.
7. In a 10-inch pie pan or ovenproof skillet, add vegetable spray and transfer the potatoes and egg mixture to the pan. Sprinkle with low-fat Parmesan cheese, and bake until firm and brown on top, about 20–30 minutes.
8. Remove the omelet from the oven, cool for 10 minutes, and cut into 5 pieces.

HEALTHY COOKING TIPS

1. This tasty dish provides a healthy array of vegetables and can be used for breakfast, brunch, or any meal!

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2KJ) 260kcal, Total Fat 10g, Saturated Fat 3.5g, Trans Fat 0g, Cholesterol 135mg, Sodium 240mg, Total Carbohydrate 30g, Dietary Fibre 3g, Sugars 3g, Protein 16g.

Contributed by **National Diabetes Education Program**

EGGPLANT PARMIGIANA

WITH TOMATO COULIS



CHEFS GARIBALDI

"This is a fun dish that resembles the popular lasagne. You can add minced meat to the recipe, or any of your favourite ingredients."



INGREDIENTS

- Local eggplant, sliced 300g
- Canned tomatoes 150g
- Basil 2 tsp
- Olive oil 1/2 tsp
- Salt 1/4 tsp
- Garlic 5g
- Onion 50g
- Mozzarella cheese, sliced finely 40g
- Water for boiling eggplant

STEPS

1. Add salt to the eggplant and set aside to drain.
2. Wash, wipe and cook the eggplant in boiling water for a few minutes. Set aside to cool, then dry.
3. To make tomato coulis, blend the tomatoes, garlic, basil, onion and olive oil. Cook over slow fire until it reduces by 2/3.
4. Layer the mozzarella, then the tomato coulis over a slice of eggplant on a plate.
5. Continue until you use all the ingredients.

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. 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) 66kcal, Protein 3.4g, Total fat (g and % of total calories) 3g (38.4%), Saturated fat 1.4g, Cholesterol 8mg, Carbohydrate, 7.5g, Dietary Fibre 3.1g, Sodium, 258mg.

PEARL BARLEY RISOTTO



CHEFS GARIBALDI

"When I first arrived in Singapore, I noticed that the Chinese eat a lot of barley. One day, I decided to use this for my risotto instead, and the results turned out to be magnificent."



INGREDIENTS

- Pearl barley, soaked in water for 12 hours 200g
- Yellow pumpkin, peeled and diced 160g
- Nestlé Concentrated Chicken Stock 1 tbsp
- Onion, finely chopped 40g
- Water 150ml
- Chives, freshly chopped 5g
- Olive oil 2 tsp

STEPS

1. Steam the pumpkin and onions until soft.
2. Add water and chicken stock to make pumpkin cream.
3. Sauté the barley in olive oil and add the pumpkin cream.
4. Bring to a boil and add water if necessary.
5. Sprinkle with chives and serve.

HEALTHY COOKING TIPS

1. Make your own healthy salad dressing to control the amount of fat, oil or seasoning.
2. Cut and prepare fruits just before serving to prevent nutrient loss.
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) 216kcal, Protein 5.5g, Total fat (g and % of total calories) 3.1g (12.6%), Saturated fat 0.5g, Cholesterol 0mg, Carbohydrate 43.3g, Dietary Fibre 8.2g, Sodium 306mg.



RISOTTO PRIMAVERA



CHEFS GARIBALDI

“Using the American Ginseng Concentrate Herbal Soup instead of stock gives a twist and flavour boost to the dish.”



INGREDIENTS

- Brown rice 50g
- White rice 150g
- Mixed vegetables, frozen 200g
- Garlic, sliced 5g
- Onion, sliced, fresh 20g
- *Yang Sheng Le* American Ginseng Concentrated Herbal Soup 2 tbsp
- Olive oil 2 tbsp
- Parmesan cheese, grated 35g
- Salt, to taste

STEPS

1. Sauté the sliced garlic and onions in olive oil.
2. Add rice, and dry-fry for a few minutes.
3. Meanwhile, combine water with American Ginseng Concentrate Herbal Soup to make stock.
4. Add the stock to the pan with rice.
5. Add the mixed vegetables and bring the risotto to a boil after 10 minutes.
6. Add the grated Parmesan cheese and serve.

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 soup stock.
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) 322kcal, Protein 9.9g, Total fat (g and % of total calories) 9.7g (26.8%), Saturated fat 2.5g, Cholesterol 8mg, Carbohydrate 50.0g, Dietary Fibre 3.1g, Sodium 405mg.



ACAI SUPER BERRIES SALAD

RECIPE DEVELOPED BY
MAYURA MOHTA AND GEORGE JACOBS,
FROM THE "HEART SMART
OIL-FREE COOKBOOK"



INGREDIENTS

SALAD

- Mixed salad greens 120g
- Blackberries 30g
- Strawberries 30g
- Blueberries 30g
- Raspberries 30g
- Super berry dressing 80ml

SUPER BERRY DRESSING

- Young coconut water 400ml
- Strawberries 500g
- Raw Sugar 2–3 tbsp
- Apple cider 8 tbsp
- Acai berry powder 15–20g
- Juice of 4 lemons

STEPS

1. To make the dressing: Combine all ingredients in a food processor, blend until smooth and creamy. Chill for 1 hour.
2. Combine the salad ingredients in a bowl, add 80 ml of super berry dressing, and toss well. Serve fresh.
3. *(Optional)* Add some chopped dry fruits like apricots, cranberries and raisins for an extra punch. Sliced green apples also go well with this unique salad.

Preparation time: 20 minutes

HEALTHY COOKING TIPS

1. Do not use overripe berries. In the absence of fresh berries, frozen berries can be used after thawing. Freeze extra dressing in ice cube trays for future use.
2. Berries are the superheroes of nutrition and are high in antioxidants and vitamin C. It is believed that antioxidants help prevent diseases caused by oxidative stress such as heart disease and cancer.

NUTRITION INFORMATION (Servings per dish: 2)

Per Serving: Energy (1kcal = 4.2KJ) 41kcal, Iron 1.1mg, Sodium 22mg, Total Fat 0.5g, Protein 1.7g, Fibre 3.6g

Contributed by



HEALTHFRIEND

ITALIAN STYLE CHICKEN PORRIDGE



CHEFS GARIBALDI

"This recipe was inspired by the Chinese way of cooking soup. This chicken stock gives it an 'Asian' flavour."



INGREDIENTS

• Nestlé Nesvita Instant Oats	100g
• Spinach, frozen	20g
• Carrot, diced	60g
• Shallots, diced	40g
• Parsley, fresh, finely chopped	4 tsp
• Olive oil	2 tsp
• Water	1/4 cup
• Chicken stock, concentrated	1 tbsp

STEPS

1. Stir-fry spinach with carrots and shallots in olive oil.
2. Add the oats, chicken stock and water.
3. Cook for 15 minutes over low fire. Add parsley.
4. Serve.

HEALTHY COOKING TIPS

1. Use more water when cooking whole grains, as they absorb more water than refined grains.
2. The recommended amount for sodium is not more than 1 teaspoon of salt a day.
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) 136kcal, Protein 4.2g, Total fat (g and % of total calories) 4.3g (27.7%), Saturated fat 0.7g, Cholesterol 0mg, Carbohydrate 21g, Dietary Fibre 3.2g, Sodium 322mg.



POACHED CHICKEN SANDWICH

WITH MANGO MAYONNAISE



CHEF
YEN KOH

"The flavours of mango naturally pair very well with chicken. For this recipe, using mango puree has the added advantage of giving you a creamier texture than fresh mangoes."



INGREDIENTS

• Fat-free mayonnaise	60g
• Mango puree, using seasonal mangoes	40g
• Lemon juice	4 tsp
• Tabasco sauce	2 tsp
• White pepper	1/2 tsp
• Chicken breast, poached, shredded	360g
• FairPrice Multigrain Soft Bread	8 slices
• Canola olive oil spread	2 tsp
• Lettuce	120g
• Tomatoes, sliced	120g

STEPS

1. Mix all ingredients for the chicken mayonnaise well.
2. Spread bread with olive oil spread. Top with chicken mayonnaise.
3. Add lettuce and tomatoes, as desired.

HEALTHY COOKING TIPS

1. Use measuring spoons and cups to determine the right amount of oil and seasoning for cooking.
2. Use unsalted butter or margarine to lower the dish's sodium content.
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) 422kcal, Protein 46.5g, Total fat (g and % of total calories) 8.3g (18.2%), Saturated fat 2.3g, Cholesterol 102mg, Carbohydrate 37.2g, Dietary Fibre 5.0g, Sodium 481mg.

PENNE PASTA

WITH BASIL PESTO



CHEFS GARIBALDI

"This is an adapted pesto recipe. For true blue Sicilian pesto, ingredients include parsley, celery, pine nuts and dry ricotta cheese."



INGREDIENTS

• Penne	240g
• Pine nuts, toasted	20g
• Basil, fresh	90g
• Tomato cherry, ripened	20g
• Celery, leaves	20g
• Olive oil	1 1/2 tbsp
• Salt	2 tsp

STEPS

1. Combine the herbs, vegetables and nuts.
2. Add olive oil.
3. Blend thoroughly until smooth and creamy. Adjust to desired consistency with water. Add salt to taste.
4. In a pot, bring water to a boil and cook the pasta until al dente.
5. Strain and toss with pesto sauce.
6. Serve.

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. Nuts are a rich source of unsaturated fat, especially Omega-3 fatty acids, which benefit heart health.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 307kcal, Protein 9.1g, Total fat (g and % of total calories) 9.2g (26.9%), Saturated fat 1.3g, Cholesterol 0mg, Carbohydrate 47.1g, Dietary Fibre, 3.5g, Sodium 303mg.

PIZZA MISTO FUNGHI



CHEF
YEN KOH

"I enjoy having friends over at home, and this is one of their all-time favourites."



INGREDIENTS

- Frozen pizza base, thawed, medium-base 1
- Bottled pizza sauce 100g
- Shiitake mushrooms, sliced 100g
- Canned button mushrooms, drained and sliced 100g
- Mozzarella cheese 40g
- Olive oil 1 tsp

STEPS

1. Spread pizza sauce on pizza base.
2. Line sliced assorted mushrooms and top with mozzarella cheese.
3. Bake in a pre-heated oven at 250°C for 7 minutes.
4. Drizzle olive oil and serve.

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) 147kcal, Protein 6.9g, Total fat (g and % of total calories) 4.2g (25.5%), Saturated fat 1.6g, Cholesterol 7mg, Carbohydrate 20.8g, Dietary Fibre 1.4g, Sodium 376mg.

PEAR, CELERY, AND DRIED PRUNE SALAD



CHEFS GARIBALDI

"People tend to think of Waldorf salad the moment you mention 'fruit salad'. I love the combination of pears and celery not just in flavours, but also the crunchy texture!"

INGREDIENTS

- Celery, diced 160g
- Williams pear, sliced 160g
- Orange, peeled (retain peel for zest) and cut into wedges 100g
- Dried prunes 60g
- Lemon juice 2 tbsp
- Nestlé Natural Set Yogurt 60g
- Mustard sauce 30g
- Salt, to taste
- Pepper, to taste

STEPS

1. Using a vegetable peeler, remove zest from the orange.
2. For the dressing, mix yogurt, salt, pepper, orange zest and lemon juice in a mixing bowl.
3. Add mustard to the dressing and whisk well.
4. Mix with celery, pear, orange and prunes.
5. Serve.

HEALTHY COOKING TIPS

1. Cut and prepare fruits just before serving to prevent nutrient loss.
2. Make your own healthy salad dressing to control the amount of fat, oil or seasoning.
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) 94kcal, Protein 2.2g, Total fat (g and % of total calories) 0.5g (4%), Saturated fat 0.1g, Cholesterol 1mg, Carbohydrate 22.8g, Dietary Fibre 3.9g, Sodium 422mg.



RED RICE & SILKEN TOFU TIMBALES

WITH GREEN PEA PUREE



CHEFS GARIBALDI

"The timbale adds instant class to the presentation. If not, you can just spoon the rice mix onto the plate directly."

INGREDIENTS

• FairPrice Red Unpolished Rice (dry)	200g
• Tofu	80g
• Green peas, frozen	100g
• Onion, chopped	40g
• Garlic	1 tsp
• Onion/Celery, diced	30g
• Carrot, diced	40g
• Olive oil	4 tsp
• Italian Parsley	5g
• Bay leaf	1
• Water	4 cups

STEPS

1. For the stock, add the diced vegetables, bay leaf and parsley to 4 cups of water, and boil.
2. Strain the vegetables and keep aside.
3. Separately, cook rice in stock.
4. Remove the rice, and mix with the tofu and strained vegetables.
5. Boil the green peas and strain. Sauté garlic and onions in olive oil, then blend with green peas and some water to make a pea cream.
6. Make 4 small rice timbales with a mould.
7. Pour the pea cream into a deep plate and place the timbale on top.
8. Serve.

HEALTHY COOKING TIPS

1. Use more water when cooking whole grains, as they absorb more water than refined grains.
2. The recommended amount for sodium is not more than 1 teaspoon of salt a day.
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) 277kcal, Protein 7.3g, Total fat (g and % of total calories) 8g (25.8%), Saturated fat 1.7g, Cholesterol 0mg, Carbohydrate 44.7g, Dietary Fibre 3.2g, Sodium 335mg.



ROASTED CASHEW AND ORANGE SALAD

WITH CIDER VINAIGRETTE



CHEFS GARIBALDI

"This dish always reminds me of summer, with the burst of citrus flavours from the orange. You can always adapt with your favourite fruits, such as grapes."



INGREDIENTS

- Mesclun salad, washed and dried 240g
- Orange Sunkist, peeled and cut into wedges 1
- Cashew nuts, lightly toasted 40g
- FairPrice Macadamia Oil 1 1/2 tbsp
- Cider vinegar 1 1/2 tbsp
- Mustard Dijon paste 10g
- Salt, to taste

STEPS

1. Combine oil, mustard, vinegar and salt to make the vinaigrette, mix well.
2. Toss mesclun salad with vinaigrette.
3. Add orange wedges on top.
4. Serve.

HEALTHY COOKING TIPS

1. Make your own healthy salad dressing to control the amount of fat, oil or seasoning.
2. Nuts are a rich source of unsaturated fat, especially Omega-3 fatty acids, which benefit heart health.
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) 131kcal, Protein 3.1g, Total fat (g and % of total calories) 9.8g (66.4%), Saturated fat 1.5g, Cholesterol 0mg, Carbohydrate 8.1g, Dietary Fibre 2.4g, Sodium 356mg.



TANGY TUNA SANDWICH



CHEF
YEN KOH

"The tuna mayonnaise can be prepared ahead and kept in the fridge for up to 3 days."

INGREDIENTS

- Tuna chunks in water, drained 2 cans
- Whole kernel corn, drained 1/2 can
- Onion, chopped 80g
- Fat-free mayonnaise 60g
- Tabasco sauce 2 tsp
- White pepper 1/2 tsp
- Multigrain soft bread 8 slices
- Canola olive oil spread 2 tsp

STEPS

1. Mix all the ingredients except for the bread and canola olive oil spread.
2. Spread bread with olive oil spread. Top with desired amount of tuna mayonnaise.

HEALTHY COOKING TIPS

1. Use measuring spoons and cups to determine the right amount of oil and seasoning for cooking.
2. Use unsalted butter or margarine to lower the dish's sodium content.
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) 317kcal, Protein 32.2g, Total fat (g and % of total calories) 3.8g (10.7%), Saturated fat 1.0g, Cholesterol 26mg, Carbohydrate 38.7g, Dietary Fibre 7.1g, Sodium 609mg.

VEGETABLE STACKS



CHEFS GARIBALDI

"This easy-to-assemble dish makes great party food when you have your friends over."



INGREDIENTS

• FairPrice Multigrain Bread	8 slices
• Taukwa, cut into 8 slices	80g
• Zucchini	100g
• Red bell pepper, whole	120g
• Tomatoes, sliced	80g
• Olive oil	5 tsp
• Balsamic vinegar	2 tsp
• Mustard Dijon	1 tsp
• Salt & pepper, to taste	

STEPS

1. Pat the tofu dry with paper towels.
2. Combine the balsamic vinegar, olive oil, salt, pepper and mustard. Mix with the tofu and keep in the fridge.
3. Meantime, slice the zucchini thinly and sear in non-stick pan.
4. Roast the bell pepper in the oven for 15 minutes at 220°C. Cool and remove the skin, then cut into strips.
5. Place bell pepper slices, zucchini, tomato and tofu slices on a slice of multigrain bread. Proceed to make 8 portions.
6. Toast quickly in the oven at 180°C for 5 minutes.

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. 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) 218kcal, Protein 10.7g, Total fat (g and % of total calories) 3.8g (15.7%), Saturated fat 0.9g, Cholesterol 0.1mg, Carbohydrate 35.5g, Dietary Fibre 5.3g, Sodium 430mg.

VEGETARIAN WRAP



CHEF
YEN KOH

"I call this my 'Mediterranean snack,' as it's filled with Mediterranean ingredients such as capsicum and olives."



INGREDIENTS

• Tortilla wrap	4 slices
• Bottled pizza sauce	80g
• Marinated capsicum	160g
• Pitted olives	40g
• Processed mozzarella cheese	40g

STEPS

1. Spread pizza sauce on the tortilla.
2. Line with marinated capsicum and olives, top with mozzarella.
3. Roll into a wrap, then bake in a pre-heated oven at 250°C for 7 minutes.
4. Serve hot.

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. 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) 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.

BRAISED BROWN RICE SPAGHETTI

WITH SLICED BEEF



CHEF
YONG BING NGEN

"If you find that your spaghetti breaks easily, try this other method. Cook spaghetti in hot boiling water for 10-15 seconds until it starts to soften. Spread on tray and cover with cloth for 5 minutes."



INGREDIENTS

• Brown rice spaghetti	300g
• Beef, thinly sliced	150g
• Cabbage, shredded	100g
• Spring onions, chopped	50g
• Shallots, chopped	2 pcs
• Chinese parsley	30g
• Sunflower oil	2 tsp
• Light soy sauce	1 tbsp
• Oyster sauce	2 tbsp

STEPS

1. Blanch spaghetti for 10 seconds, and rinse in cold water for 3 minutes.
2. Heat wok and add oil. Quickly sauté shallots and beef slices.
3. Add spaghetti and stir-fry.
4. Quickly add cabbage, spring onions and seasoning.
5. Serve on a plate and garnish with Chinese parsley.

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. 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) 159kcal, Protein 6.2g, Total fat (g and % of total calories) 5.4g (30.3%), Saturated fat 1.9g, Cholesterol 5mg, Carbohydrate 21.7g, Dietary Fibre 2.4g, Sodium 401mg.

CHICKEN HERB ROLL WITH PUMPKIN PUREE



CHEFS GARIBALDI

"If you do not like pumpkin, you can always replace with potato mash or a simple salad."



INGREDIENTS

- Chicken breast 320g
- Zucchini, sliced 160g
- Yellow pumpkin 160g
- Vegetable stock 4 tbsps
- Onion 40g
- Thyme, fresh 5g
- Rosemary, fresh 5g
- Salt 1/4 tsp
- Pepper 1/4 tsp
- Nestlé Nutren Diabetes 1 tsp
- Cling film

STEPS

1. Wrap chicken breast in cling film and pound until flat.
2. Place zucchini, salt and pepper, thyme and rosemary on top of the chicken breast.
3. Roll the chicken with the ingredients, and secure with toothpicks at the sides.
4. Remove the cling film. Place in a lightly greased baking dish and bake until the chicken is nicely browned.
5. Meanwhile, steam the yellow pumpkin until soft, then blend with vegetable stock, onions and Nutren Diabetes.
6. Slice the chicken roll and serve on a plate with pumpkin puree 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. 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) 126kcal, Protein 20.6g, Total fat (g and % of total calories) 1.4g (10.5%), Saturated fat 0.4g, Cholesterol 46mg, Carbohydrate 6.7g, Dietary Fibre 1.4g, Sodium 307mg.



GRILLED CHICKEN

WITH MUSHROOM SALSA



CHEFS GARIBALDI

"This is a great dish to serve up for family dinners. Set aside baby portions for the kids."

INGREDIENTS

- Chicken breast, skin removed 400g
- Spinach, fresh 100g
- Button mushrooms, fresh 80g
- FairPrice Olive Oil 1 1/2 tbsp
- Spring onion, finely chopped 40g
- White wine 1/4 cup
- Rice flour 2 tbsp
- Salt 1/2 tsp

STEPS

1. Coat the chicken breast in flour, then grill in a non-stick pan with half of the olive oil. Remove and set aside.
2. In another pan, sauté the mushrooms in the remaining olive oil. Add wine and let it evaporate. Add spinach and cook for 5 minutes.
3. Add the mushroom and spinach sauce on top of the chicken and 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. 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) 202kcal, Protein 24.7g, Total fat (g and % of total calories) 6.5g (30.0%), Saturated fat 1.1g, Cholesterol 58mg, Carbohydrate 6.9g, Dietary Fibre 0.9g, Sodium 449mg.



HOMEMADE PORK MEATBALLS

WITH CARROT CREAM SAUCE



CHEFS GARIBALDI

"Meatballs are the perennial comfort food, and can be made in advance and frozen in different packs. Make sure that you don't miss out on the breadcrumbs, which keep the ingredients together."



INGREDIENTS

• Ground pork meat	250g
• Egg whites	2
• Parmesan cheese, grated	15g
• Onion, chopped and cooked in microwave with water and salt	40g
• Carrots, peeled and cut into thin slices	200g
• Garlic, peeled	20g
• FairPrice Wholemeal Bread, toasted and crushed into breadcrumbs	1 slice
• Vegetable broth powder	10g
• Parsley, finely chopped	20g
• Olive oil	2 tsp

STEPS

1. Mix the meat with breadcrumbs, egg, cheese, parsley and onions.
2. Make small balls with the meat mix. Leave in the fridge for 1 hour.
3. Boil the carrots.
4. Blanch garlic in boiling water.
5. Blend the carrots, garlic and some olive oil to make a light creamy sauce.
6. Bake the meatballs for 20 minutes in the oven at 180°C until done.
7. Serve the meatballs with carrot cream.

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) 168kcal, Protein 19.3g, Total fat (g and % of total calories) 5.04g (26.9%), Saturated fat 1.5g, Cholesterol 33.9mg, Carbohydrate 11.6g, Dietary Fibre 2.2g, Sodium 485mg.

MASHED POTATO AND WINTER VEGETABLES



CHEF
YEN KOH

"The addition of peas and pumpkin adds a twist to this familiar dish. It makes a visual feast, too."



INGREDIENTS

- | | |
|--|---------|
| • Potatoes, peeled and sliced | 650g |
| • Garden peas, boiled and mashed | 160g |
| • Pumpkin, diced and steamed till softened, mashed | 160g |
| • Fried garlic | 20g |
| • Salt, to taste | |
| • Nutmeg | 1/4 tsp |
| • White pepper, to taste | |
| • Rice bran oil | 2 tsp |

STEPS

1. Boil the potatoes until soft in a deep stock pot filled with water.
2. Using a potato masher, mash cooked potatoes.
3. Fold in the peas, pumpkin and fried garlic. Season and serve hot.

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 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.

HEALTHY COOKING TIPS

1. Cook and serve vegetables just before eating to retain their maximum nutrient value.
2. The recommended amount for sodium is not more than 1 teaspoon of salt a day.
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) 200kcal, Protein 6.2g, Total fat (g and % of total calories) 2.7g (11.7%), Saturated fat 0.5g, Cholesterol 0mg, Carbohydrate 39.4g, Dietary Fibre 5.0g, Sodium 331mg.

MAIS DI PEPE PORK LOIN



CHEFS GARIBALDI

"If you like your pork more peppery, you can increase the amount of black pepper."



INGREDIENTS

• Pork loin	320g
• Sweet corn, fresh	120g
• Maggi Black Pepper Mix	1 tbsp
• Salt	1/4 tsp
• Pepper	1/4 tsp
• Vegetable stock	4 tsp

STEPS

1. Season the pork loin with salt and pepper, then roast in a pan or in an oven at 175°C for 45 minutes - 1 hour, or until meat is no longer pink in the centre.
2. Blend the black pepper mix and vegetable stock. Set this sauce aside.
3. Steam the sweet corn, and mix with the sauce.
4. Serve the pork loin with steamed sweet corn 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. 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) 126kcal, Protein 19.3g, Total fat (g and % of total calories) 1.7g (11.4%), Saturated fat 0.5g, Cholesterol 39.2mg, Carbohydrate 9.6g, Dietary Fibre 0.8g, Sodium 374mg.



POTATO GRATIN



CHEF
YEN KOH

"This dish is a classical dish from Europe. Perfect to serve when you throw parties at home."



INGREDIENTS

• Potatoes, peeled and sliced	400g
• Canned button mushrooms, sliced	240g
• Onion, thinly sliced	80g
• Low-fat milk	120ml
• Cream	80ml
• Nutmeg	1/2 tsp
• Low-fat mozzarella cheese	60g
• Olive oil	1/2 tsp
• Salt	1/2 tsp

STEPS

1. Grease the base of a deep casserole dish with olive oil.
2. Line the dish with a layer of potatoes, mushrooms and onions. Repeat steps till all ingredients are used.
3. Mix milk, cream, salt and nutmeg. Pour evenly over ingredients.
4. Top with mozzarella and bake in a pre-heated oven at 180°C for 30 minutes.

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. Milk and dairy products provide calcium, which is essential for healthy bone growth and development.
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) 254kcal, Protein 11.5g, Total fat (g and % of total calories) 7.1g (23.8%), Saturated fat 3.6g, Cholesterol 19mg, Carbohydrate 39.8g, Dietary Fibre 1.6g, Sodium 408mg.

PASTA ALLA PUTTANESCA



CHEF
YEN KOH

"Always choose ripe tomatoes for better taste."



INGREDIENTS

- | | |
|----------------------------------|-------------------|
| • Linguine, dried | 240g |
| • Olive oil | 1 tsp +
1 tbsp |
| • Garlic, minced | 5g |
| • Red cherry tomatoes, halved | 320g |
| • Yellow cherry tomatoes, halved | 400g |
| • Pitted olives, halved | 40g |
| • Basil, shredded | 20g |
| • Parmesan cheese, shredded | 20g |
| • Pepper, to taste | |
| • Salt, to taste | |

STEPS

1. In a deep stock pot, cook linguine in salted water till slightly softened. Drain the water and toss with 1 tsp olive oil to prevent sticking.
2. In a pre-heated pan, add 1 tbsp olive oil followed by garlic. Sauté till fragrant.
3. Add the halved tomatoes and olives. Cook for 1 minute over high heat.
4. Add the cooked linguine and season to taste. Toss with shredded basil just before serving.
5. Garnish with shaved Parmesan cheese for additional taste and flavour.

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. 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) 318kcal, Protein 10.7g, Total fat (g and % of total calories) 8.5g (24.1%), Saturated fat 1.9g, Cholesterol 4mg, Carbohydrate 49.5g, Dietary Fibre 3.5g, Sodium 462mg.

RED SNAPPER

BAKED IN TOMATO HERB STOCK



CHEFS GARIBALDI

"This is one of my favourite ways of healthy cooking. Cooking the fish in the stock adds more flavour."



INGREDIENTS

- Red snapper fillet, 4pcs, 100g each 400g
- Cherry tomatoes, halved 100g
- Water 6 cups
- Potatoes, peeled and cut into big cubes 200g
- Oregano, dry 5g
- Basil, fresh 8g
- FairPrice Extra Virgin Olive Oil 20g
- White wine (optional) 20ml
- Salt & pepper, to taste

STEPS

1. Sauté the cherry tomatoes in olive oil in a pan.
2. Add wine, reduce the mixture a little, then add oregano and water. Bring to a boil.
3. Put the red snapper fillet in stock, season with salt and pepper.
4. Cover the pan with aluminium foil and cook in the oven at 200°C for 6 minutes.
5. Steam the potatoes.
6. Serve the snapper with potatoes on the side. Sprinkle with freshly chopped basil.

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. 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) 190kcal, Protein 21.2g, Total fat (g and % of total calories) 6.3g (29.8%), Saturated fat 0.9g, Cholesterol 25mg, Carbohydrate 11.5g, Dietary Fibre 1.4g, Sodium 157mg.



ROASTED PORK LOIN

WITH HONEY AND MUSTARD SAUCE



CHEF
YEN KOH

"I love the basic sweet and sour flavours of this pork dish. A hint of mustard goes very well with meats like pork."



INGREDIENTS

• BBQ sauce	120g
• Tomato sauce	80g
• Honey	4 tsp
• English mustard	4 tsp
• Water	60ml
• Pork loin	480g

STEPS

1. In a sauce pot, add all sauce ingredients and simmer for 10 minutes.
2. Sear the portioned pork loin till it turns brown.
3. Transfer to a rack and continue to cook in a pre-heated oven at 190°C for 8 minutes or until the meat in the centre is no longer pink.
4. Serve the pork with sauce and a vegetable side dish or salad.

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. 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) 241kcal, Protein 28.1g, Total fat (g and % of total calories) 4.5g (16.8%), Saturated fat 1.5g, Cholesterol 83mg, Carbohydrate 21.9g, Dietary Fibre 0.2g, Sodium 464mg.

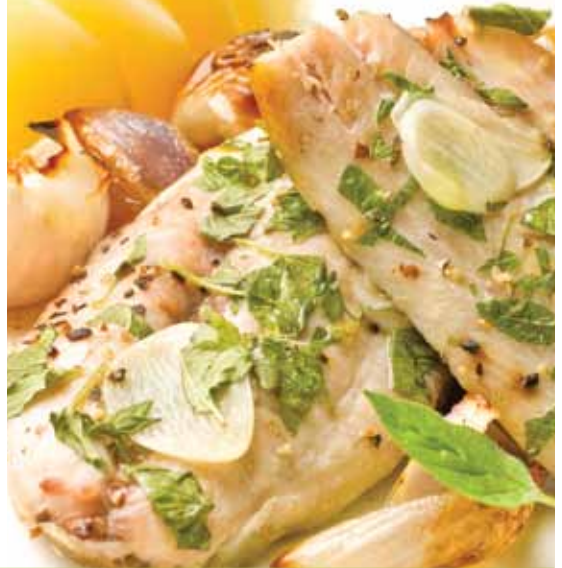
STEAMED MACKEREL FILLET

WITH MARJORAM, THYME AND
CAMELISED SHALLOTS



CHEFS GARIBALDI

"You can replace mackerel with other types of fish."



INGREDIENTS

- Fresh king mackerel, deboned 400g
- Fresh marjoram leaves, chopped 2 tsp
- Shallots, peeled and cleaned 200g
- Fresh thyme leaves 1 tsp
- Olive oil 2 tsp
- Salt 1/2 tsp
- Pepper 1/2 tsp
- Peppercorn, ground 1 tsp
- Garlic, chopped 5g
- Steamed potato 200g

STEPS

1. Marinate the fillets with marjoram, thyme, garlic, half of the salt and peppercorn. Keep in the fridge for 30 minutes.
2. Toss the shallots in olive oil, remaining salt and pepper. Bake in an oven for 20 minutes at 180°C.
3. Steam the mackerel until cooked.
4. Serve the mackerel with shallots and potatoes on the side.

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. 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) 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, Cholesterol 53mg, Sodium 461mg.

SPAGHETTI AGLIO OLIO PICCANTE CON IL BROCCOLI



CHEFS GARIBALDI

"This traditional Sicilian recipe can also be substituted with macaroni. Don't cook the wholemeal spaghetti for too long, or it may break easily."

INGREDIENTS

- | | |
|--|---------|
| • Wholewheat spaghetti, dry | 240g |
| • Maggi Garlic Chilli Sauce | 30g |
| • Broccoli, fresh | 100g |
| • Olive oil | 1 tbsp |
| • Salt, for boiling pasta and broccoli | 1/4 tsp |

STEPS

1. Cut the broccoli into small pieces and boil them in water.
2. Strain and put into a mixing bowl. Toss with chili garlic sauce and olive oil.
3. Cook the pasta, strain and add to the mixing bowl. Toss with broccoli.
4. 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. 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) 303 kcal, Protein 14g, Total fat (g and % of total calories) 7.5g (21.3%), Saturated fat 2.4g, Cholesterol 8.8mg, Carbohydrate 49g, Dietary Fibre 5.4g, Sodium 310mg.



TOMATO HERB CHICKEN



CHEF
ERIC TEO

"This is a protein-rich meal, which is perfect for a power lunch."



INGREDIENTS

- Chicken breast 400g
- Lemon juice 3 tbsp
- Tomatoes 2
- Parsley, chopped 20g
- FairPrice Olive Oil 1 tbsp
- Salt & pepper, to taste

STEPS

1. Wash and pat the chicken breasts dry.
2. Season with salt, pepper and some chopped parsley.
3. Brush lemon juice and olive oil over the chicken.
4. Put the chicken in a dish, cover with plastic wrap and refrigerate for 30 minutes.
5. In a preheated oven, bake the chicken breasts at 130°C for around 20 minutes.
6. Add thinly-sliced tomatoes on top and bake for another 5 minutes.
7. Garnish the chicken with the remaining fresh chopped parsley. Serve hot.

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. 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) 158kcal, Protein 23.8g, Total fat (g and % of total calories) 4.9g (28%), Saturated fat 0.82g, Cholesterol 58.0mg, Carbohydrate 4.2g, Dietary Fibre 0.9g, Sodium 219mg.



BUCKWHEAT PANCAKES

DRENCHED IN ORANGE AND BERRY SAUCE



CHEFS GARIBALDI

"Buckwheat gives a richer taste to the pancakes. This can also be served for breakfast."



INGREDIENTS

• Buckwheat flour	30g
• White flour	50g
• Nestlé Omega Plus Reduced Fat Milk Powder	30g
• Honey	1 tbsp
• Eggs	1 big
• Mixed berries, frozen	120g
• Orange juice, fresh	1 cup
• Corn flour	2 tsp
• Basil	1 tsp
• Canola oil to cook the pancake	1 tbsp
• Water	3/4 cup
• Juice of 1 lemon	

STEPS

1. Mix milk powder with water.
2. Make the batter with flour, egg, milk and honey. Whisk properly and leave in the fridge for 30 minutes.
3. Meanwhile, slowly heat the mixed berries with some lemon juice in a pan. Set aside.
4. Heat some canola oil in a non-stick pan. Pour the batter to make pancakes. Proceed to make 8.
5. On a small pan, boil orange juice and basil for 10 minutes. Thicken with corn flour. Set cool in the fridge.
6. Spread the berries sauce on the buckwheat pancakes. Serve with the orange sauce.

HEALTHY COOKING TIPS

1. Steaming is a healthy, low-fat way to cook that brings out the flavours of fresh ingredients.
2. Use 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) 225kcal, Protein 7g, Total fat (g and % of total calories) 6g (22.7%), Saturated fat 0.6g, Cholesterol 53mg, Carbohydrate 39g, Dietary Fibre 3g, Sodium 49mg.



CHILLED PAPAYA SMOOTHIE



CHEF
YEN KOH

"This was inspired by the papaya soups I tasted during my Hong Kong trips for work, as I love the combination of papaya, lime and milk. I have also added herbs and berries to taste."



INGREDIENTS

• Low-fat milk	1 1/4 cups
• Papaya, ripe	200g
• Raspberries	40g
• Lime, keep skin for zest	2
• Mint leaves	2.5g
• Honey, optional, to taste	8 tsp

STEPS

1. In a food blender, process all ingredients into a fine puree.
2. Refrigerate for 2 hours or overnight.
3. Garnish with lime zest before serving.

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) 115kcal, Protein 3.7g, Total fat (g and % of total calories) 2.1g (16.1%), Saturated fat 1.3g, Cholesterol 8mg, Carbohydrate 21.0g, Dietary Fibre 1.6g, Sodium 45mg.

MOCHA MOUSSE

WITH STRAWBERRY COULIS



CHEFS GARIBALDI

"For best flavours, use high quality bitter chocolate. This is ideal for those who don't like their desserts too sweet – any sweetness here is from the fresh strawberries."



INGREDIENTS

• Bitter chocolate (70% Cocoa)	100g
• Water, with ice	1/2 cup
• Fresh strawberries	100g
• Sugar	20g
• Lemon juice	10g
• Nescafe Gold Instant Coffee	80g
• Gelatin	8g

STEPS

1. Melt the chocolate over very low fire in a non-stick pan.
2. Stir nicely until totally melted. Add water immediately.
3. Continue to stir with a wooden spoon, and put the pan in a mixing bowl of ice water.
4. Mix the melted with chocolate, cocoa powder and instant coffee powder thoroughly with a whisk (or electric whisk) for 2 minutes. Transfer into 4 dessert bowls and chill in the fridge.
5. Mix the strawberry, lemon juice and sugar using an electric blender to make strawberry sauce.
6. Serve chocolate mousse with sauce.

NB: For a great light mousse, it is necessary to follow these ingredient amounts and steps closely.

HEALTHY COOKING TIPS

1. Instead of sugar, use fresh or dried fruits, fresh/ canned fruit juice or fruit sauces. They're a healthier way to sweeten your desserts.
2. Use measuring spoons and cups to determine the right amount of oil and seasoning for 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) 145kcal, Protein 3.5g, Total fat (g and % of total calories) 8.8g (47.7%), Saturated fat 5.2g, Cholesterol 0.0mg, Carbohydrate 18.2g, Dietary Fibre 2.4g, Sodium 7mg.

