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Brown Rice Briyani with Prawn Masala & Tandoori Vegetables

Serves 4



Ingredients

For Brown Rice Vegetable Briyani

2 cups brown basmati rice (cooked)
1 inch cinnamon stick,
2 cardamoms, 1 bay leave
 $\frac{1}{2}$ cup frozen mixed vegetables
2 tbsp Healthier Choice Symbol (HCS) yogurt
1 small onion, chopped
1 small tomato, chopped
1 tsp briyani masala
2 tsp HCS oil
1 tsp ginger garlic paste
Salt to taste
Chopped mint leaves
Chopped coriander leaves

For Prawn Masala

8-10 big prawns
2 tsp ginger garlic paste
1 large onion, chopped
1 large tomato, chopped
4-5 cashew nuts, roughly chopped
1 cup (250 ml) water
2 tsp low-fat coconut milk
1 tsp tandoori masala
1 tsp garam masala
 $\frac{1}{2}$ tsp turmeric powder
1 tsp chili powder
1 tsp lemon juice
Salt to taste
2 tsp HCS oil
Chopped coriander leaves

For Tandoori Vegetables

1 green bell pepper, cut into 1 inch square pieces
1 red bell pepper, cut into 1 inch square pieces
1 yellow bell pepper, cut into 1 inch square pieces
100 g paneer or cottage cheese, cut into 1 inch cubes
6-8 cherry tomatoes
1 large onion, cut into 1 inch square pieces
2 tbsp yogurt
2 tsp tandoori masala
1 tsp chili powder
1 tsp turmeric powder
 $\frac{1}{2}$ tsp salt
1 tsp kasoori methi
2 tsp lemon juice
1 tsp garam masala
1 tsp chaat masala

For Yogurt Raita

1 cup HCS yogurt
1 small cucumber, finely chopped
1 small onion, finely chopped
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp black pepper powder
 $\frac{1}{2}$ tsp mint sauce

For Mint Sauce

1 cup coriander leaves
 $\frac{1}{2}$ cup mint leaves
1 tsp lemon juice
1 small green chilli
Salt to taste

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WINNER



Courtesy of Rina Sibani & Behera Sukant

"Loving parents who wish to cultivate healthy eating habits with their kids."



Preparation

For Brown Rice Vegetable Briyani

1. Cook the rice with cinnamon, bay leaves and cardamom in a rice cooker.
2. Marinate the frozen vegetables with yogurt, salt and briyani masala.
3. In a heated pan, add the oil, then the chopped onion and cook until onion becomes translucent.
4. Add the ginger garlic paste and cook on medium heat for 1 minute. Then add the chopped tomatoes and cook until tomatoes become soft.
5. Add the marinated vegetables and cook for 2 minutes. Then add the cooked rice, cover and cook for another minute.
6. Add the chopped mint and coriander leaves. Cover and cook for 5 minutes on low heat.
7. Remove from heat and serve warm with the yogurt raita.



For Prawn Masala

1. Clean the prawn and devein it. Marinate the prawns with lemon juice, turmeric, chilli powder, tandoori masala, 1 tsp ginger garlic paste and a sprinkle of salt. Keep aside for 10-15 minutes.
2. Heat 1 tsp of oil in a heated pan. Add the chopped onion, tomatoes, cashew nuts and remaining ginger garlic paste. Cook on medium heat until tomatoes become soft. Add 1 cup of water. Keep aside and let it cool completely and then blend it to a smooth paste.
3. Heat the rest of the oil in another heated pan. Add the marinated prawns and cook on both sides for 1 minute or until prawns are cooked. Take the prawns out from the pan.
4. Using the same pan, add the blended paste. Cook for a minute on low flame then add 2 tbsp of water and the garam masala.
5. Add the prawns back into the pan and cook for a minute.
6. Add the coconut milk and coriander leaves. Cover and cook for another minute.
7. Remove from heat and serve hot with the brown rice vegetable briyani.

For Tandoori Vegetables

1. Marinate the vegetables and paneer in the yogurt, tandoori masala, chilli powder, turmeric powder, salt, kasoor methi, lemon juice, garam masala, and chaat masala. Set aside for 15 minutes.
2. Skewer the marinated vegetables alternating the different coloured vegetables on satay sticks.
3. Heat oil in a pan and cook the vegetables for 2-3 minutes turning on all sides to ensure the skewers are cooked well.
4. Serve warm with the mint sauce.

Accompanying Condiment

For Yogurt Raita

1. Mix all the ingredients and serve chilled.

For Mint Sauce

1. Blend all the ingredients to make a smooth paste.



Salmon en Papillote

Serves 2



Ingredients

- 2 salmon fillets (skin on, bones removed)
- 1 leek, cut into 2 cm slices
- 10 cherry tomatoes, halved
- ½ carrot, sliced into thin ribbons
- ½ zucchini, sliced into thin ribbons
- Half of a lemon, sliced into 2
- 1 bunch dill
- 1 bunch basil
- 1 tbsp Healthier Choice Symbol (HCS) olive oil
- Salt to taste
- Pepper to taste

For Brown Rice with Sweet Corn

- 2 cups Brown Rice
- 1 can Corn kernels
- Water

Preparation

1. Preheat oven to 200°C.
2. Tear baking or parchment paper into large envelope sizes.
3. Align vegetables, herbs, salmon in the middle of the paper and top with a slice of lemon.
4. Squeeze some lemon juice on the ingredients and season with sprinkle of salt and pepper to taste.
5. Fold package into neat envelopes.
6. Bake for 15-20 minutes.
7. Allow to cool for 5 minutes before opening the package, and serve.

For Brown Rice with Sweet Corn

1. Strain corn kernels and rinse with water.
2. Cook brown rice as per directions on packet.
3. When rice is cooked, add corn kernels and mix well to combine.
4. Serve with salmon.

1st Runner-Up



Courtesy of Nigel Leong and Augustine Tan

"Friends who are advocates of healthy cooking and believes that Singaporeans should start the healthy eating habit."



Spiced Brown Rice with Poached Fish & Prawns

Serves 4



Ingredients

500 g fish fillet (red snapper), portioned into 4

8 prawns (head, shell and veins removed)

12 pcs lady's fingers, washed with stalks and ends removed

200 g pumpkin, skin removed and cut into 1 cm thick pieces

Salt to taste

Pepper to taste

2 cups brown rice

¼ head of lettuce, shredded

12 cherry tomatoes, halved

Fragrant spicy shrimps (optional)

Coriander, chopped

Spring onions, chopped

Seasoning Paste for Poaching

5 fresh green chilies

4 garlic cloves

3 stalks lemon grass (bruised with the back of a knife)

4 shallots

½ tsp salt

1 small pc galangal

2 kaffir lime leaves

½ tsp shrimp paste

½ tsp coriander

½ tsp cumin

½ tsp white peppercorns

300 ml water



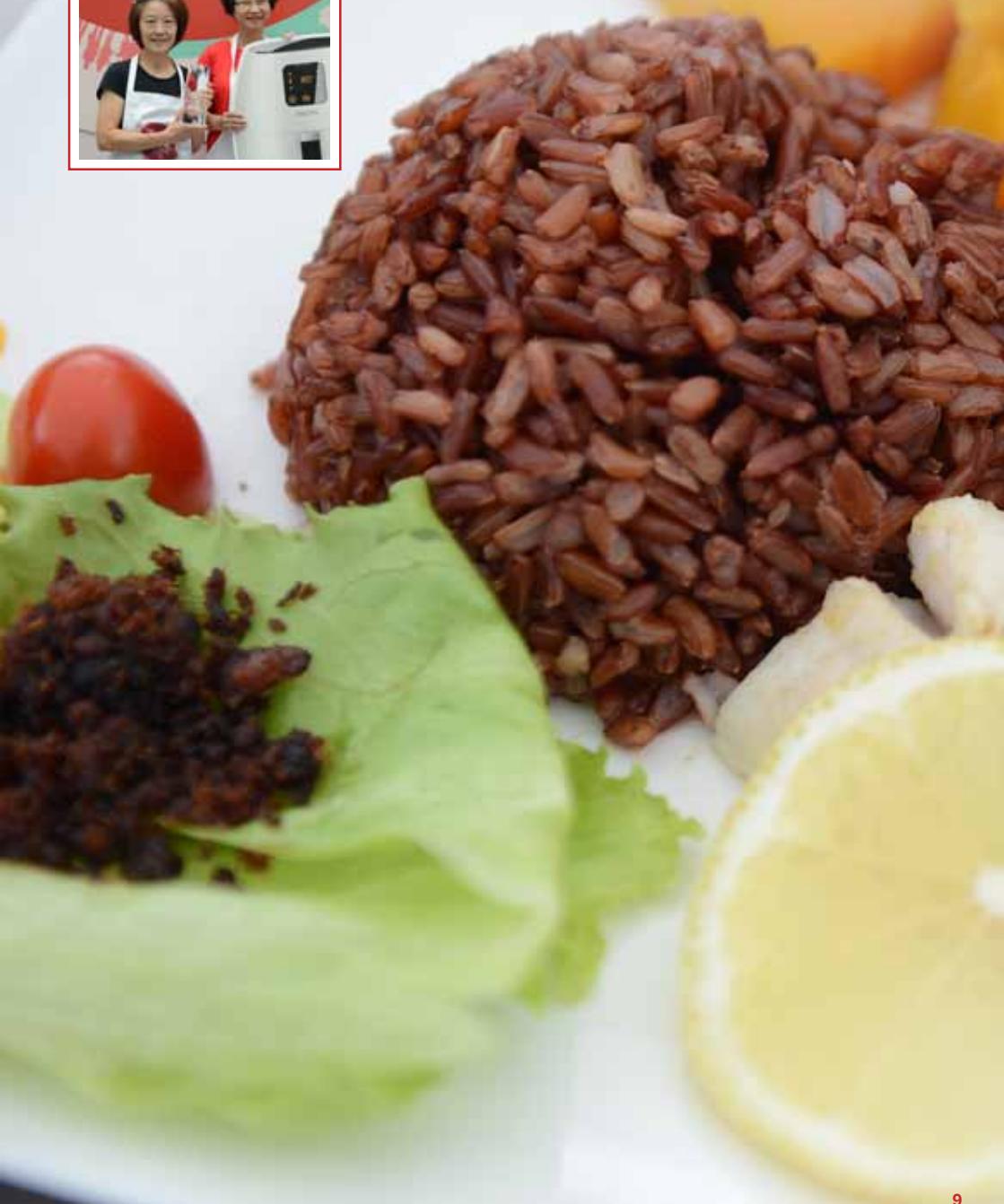
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2nd Runner-Up



Courtesy of Helen Yek and Alice Chua

"Retired homemakers who wish to bring about a healthier eating experience to their families"





Preparation

For Rice

1. Wash the rice and drain.
2. Add 4 cups of water, cardamom, garlic, cinnamon and a pinch of salt to the rice, in a rice cooker.
3. Cook rice.

For Seasoning Paste

1. Blend all the ingredients except the water in a blender.
2. Put the seasoning paste and 300 ml of water into a pan. Bring to boil then lower heat to a simmer.

For Fish

1. Rub the fish fillets with salt.
2. Wash off the salt and add the fish fillets to the simmering seasoning broth. Simmer the fish fillets for 5-10 minutes or until cooked.
3. Remove the fish fillets from the seasoning broth and set aside.

For Prawns

1. Rub the prawns with salt.
2. Wash off the salt and add the prawns to the simmering seasoning broth. Simmer the prawns for 2-3 minutes or until cooked.
3. Remove the prawns from the seasoning broth and set aside.

For Vegetables

1. Put the lady's fingers and the pumpkin in a steamer, sprinkle salt over the vegetables.
2. Steam the vegetables for 5-10 minutes or until cooked.

To Serve

1. Serve rice, fish, prawns, and steamed vegetables together with the shredded lettuce and tomatoes on a plate.
2. Garnish with coriander and spring onions, and serve with spicy shrimps on the side.



Tossed Prawn Noodles with Spinach Chips

Serves 4



Ingredients

For Tossed Prawn Noodles

- | | |
|---|---|
| 2-3 garlic cloves, chopped | 500 g large prawns (remove shells and the vein, keep the prawn heads) |
| 1 medium onion, chopped | 1 packet HCS whole wheat mee sua |
| 2-3 stalks coriander leaves, chopped | Salt to taste |
| 3 tsp Healthier Choice Symbol (HCS) oil | Pepper to taste |
| 1 cube HCS ikan bilis or anchovy stock | 1 lemon (juiced) |
| 1 pack of sliced mushrooms | |
| 2 chillies, sliced | |

For Spinach Chips

- | |
|---------------------|
| Baby spinach leaves |
| Pepper to taste |
| Salt to taste |

Preparation

For Tossed Prawn Noodles

1. Bring 2 litres of water to boil.
2. Add the ikan bilis stock and prawn heads. Boil for 10 minutes.
3. After 5 minutes, add the packet of mee sua. Cook for 5-8 minutes or until noodles are soft.
4. Remove the noodles from the stock and run the noodles under cold water to stop it from over cooking. Set aside.
5. Heat 2 tsp oil in a pan, sauté the garlic and onion until fragrant.
6. Add coriander, lemon juice, mushroom, and prawn. Stir-fry till mushrooms and prawns are cooked through.
7. Remove from heat, add 1 cup of stock and toss in the noodles and chillies. Mix well.

For Spinach Chips

1. In air fryer, heat the spinach leaves at 200°C for 2 minutes.
2. Sprinkle salt and pepper to taste.

3rd Runner-Up



Courtesy of Rose Azryena and Md Yusof

"A health-conscious couple who wish to further develop their interest in cooking."



Oatmeal Tofu Crepes

Serves 4



Ingredients

For Crepes

- ¾ cup Healthier Choice Symbol (HCS) rolled oats
- ¾ cup HCS wholemeal flour
- 1 ½ tbsp HCS oil
- 1 garlic cloves, finely minced
- ½ tsp salt
- 2 cups of water

Filling for Crepes

300 g of firm tofu, cut into 1 cm cubes

1 broccoli, cut into small florets

250 g pumpkin, diced into ½ cm cubes

10 pcs french beans, cut into small pieces

1 medium onion, chopped

1 medium tomato, diced

2 garlic cloves, minced

Salt to taste

3 tsp chicken curry powder

2 tbsp HCS yoghurt

1 tbsp HCS oil

For Salad

- 1 medium carrot, shredded
- 1 medium cucumber, shredded
- 1 guava, shredded
- 2 tbsp orange juice, freshly squeezed
- ¼ tsp pepper to taste
- 4 quail eggs, hard boiled and peeled
- 2 ripe avocados
- 2 tbsp HCS yoghurt
- ½ tsp lemon juice, freshly squeezed

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Semi-finalist



**Courtesy of Anupreet Kaur Anand
and Saran Singh Anand**

"The inspiration behind cooking healthy dishes like this is to be able to give the best possible balanced meal to my family."



Preparation

For Crepes

1. In a blender, blend the rolled oats to a powder.
2. In a bowl, combine the blended oats, wholemeal flour, salt, and garlic.
3. Add 2 cups of water and mix well.
4. Set aside for 15 minutes allowing the mixture to thicken.
5. Heat a heavy bottomed flat pan. Spread thinly a quarter of the crepe batter on the pan. Cook on both sides until golden brown.



For filling of the Crepes

1. Heat oil in a pan. Sauté the onions and cook till translucent.
2. Add the garlic and curry powder, and sauté for a minute.
3. Add the pumpkin and cover the pan for a minute.
4. Add the tomato and beans. Cook until beans are tender.
5. Mix in the yogurt and bring to a simmer.
6. Add the tofu and broccoli. Cook until broccoli is tender and tofu cooked through. Add salt to taste.
7. On a crepe, put some tofu filling on one end and roll into a wrap.
8. Serve with salad and avocado cups on the side.

For Salad

1. Halve avocados and remove pits. Scoop out the flesh into a bowl but save the peels.
2. Mash the avocados and mix together with lemon juice, yogurt and pepper to taste.
3. Divide the avocado mash into the peels and top with quail eggs.
4. Sprinkle the orange juice over the shredded vegetables and fruit, and divide into 4 portions.



Portobello Pockets

Serves 4



Ingredients

For Portobello Pockets

8 large portobello mushrooms
½ cup (crumbled) cottage cheese
1 tsp cajun spice mix
1 small onion, finely chopped
2 tbsp polenta
1 tbsp parsley, finely chopped
8-10 almonds, chopped
Salt to taste
Chilli flakes (optional)
2 tbsp margarine (melted)
2 garlic cloves
1 cup water

For Quinoa

1 cup quinoa
2 cups water
1 tbsp Healthier Choice Symbol (HCS) oil
½ cup chopped capsicums (mix of red, yellow and green)
3 garlic cloves, chopped
1 tsp chili flakes
Salt to taste

For Salad

1 medium carrot, cut into thin strips
½ beetroot, cut into thin strips
¼ lettuce, cut into thin strips
2 tbsp lemon juice
1 tbsp honey
1 tsp chili flakes

Preparation

For Portobello Pockets

1. Preheat oven to grill mode or 230°C in convention mode.
2. Cook polenta (on stove top) according to packaging instructions, then set aside.
3. Wash and drain quinoa. Cook it in the water in a covered pan till all the water is absorbed, approximately 12-15 minutes or according to packaging. Keep aside.
4. While the quinoa is cooking, brush off any dirt from the mushroom cups (mushrooms absorbs water and will become waterlogged if washed). Remove the stalks from the mushrooms and chop the stalks finely.
5. Brush the outer part of the mushrooms with melted margarine and set aside.
6. Mix the chopped mushroom stalks, onion, crumbled cottage cheese, remaining melted margarine, cajun spices, polenta, almonds, parsley and salt. Add chili flakes according to preference.
7. Fill the Portobello cups with the mixture and place in the oven on a grill for 10-12 minutes or till tender.

For Quinoa

1. In a heated pan, sauté capsicums and garlic in oil for a few seconds. Add chili flakes. Mix well. Add cooked quinoa and salt to taste.
2. To serve, place the hot grilled mushroom and the warm sauteed quinoa on a plate.
3. Place the salad vegetables on one side. Mix lemon juice, honey and chili flakes well. Drizzle over the vegetables.

Semi-finalist



Courtesy of Gomathi Muthiah
and Sivalingam Muthiah

"Contrary to common belief, experimenting with vegetarian cooking is quite a delight."



Basil Bee Hoon with Minced Meat Patties

Serves 4



Ingredients

For Fried Bee Hoon

- 200 g Healthier Choice Symbol (HCS) brown rice bee hoon
- 3 garlic cloves, minced
- ½ red onion, diced

For Meat Patties

- 300 g minced meat (makes 4 patties)
- 1 bunch of basil
- 1 tbsp cooking oil

Seasoning Ingredients for Meat Patties

- 1 tsp corn flour
- ½ tbsp soy sauce
- Ginger, finely minced
- 1 tbsp basil, coarsely chopped
- Pinch of salt
- Pinch of pepper
- 2-3 tbsp water

For Vegetables

- ½ carrot, thinly sliced
- 4-5 pcs black fungus, cut into shreds
- ½ taukwa, thinly sliced
- ½ red capsicum, diced
- ½ yellow capsicum, diced
- 1 medium tomato, sliced
- ¼ japanese cucumber, cut into shreds
- 1½ tbsp basil, coarsely chopped

- 1 tbsp cooking oil
- 1½ tbsp light soy sauce
- 1 tsp oyster sauce
- ½ tsp salt
- ¼ tsp pepper
- 1 cup water

For Garnishing

- 2 leaves fresh coral lettuce (1 each of green and red for variety), cut into long thin shreds
- 4 cherry tomatoes, halved
- Anchovy chili, sprinkle at top or put at the side

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Semi-finalist



Courtesy of Helen Yek and Alice Chua

"This recipe is ideal for busy working mums when time is tight because it is simple yet tasty."



Preparation

For Fried Bee Hoon and Vegetables

1. Soak bee hoon in warm water until they are soft (approximately 10-15 minutes).
2. Heat $\frac{1}{2}$ tbsp of oil in a pan, sauté onions till fragrant.
3. Add vegetables and cook till tender.
4. Remove vegetables from pan and set aside.
5. Heat up a wok, add $\frac{1}{2}$ tbsp oil and sauté garlic until fragrant, then add 1 cup water, soy sauce, oyster sauce, salt, pepper and bring to a boil.
6. Drain the bee hoon and add into the wok, stir well until heated through, then add the cooked vegetables that were set aside.
7. Mix well, and add in the basil. Stir to mix well.
8. To serve, place one patty on top of the bee hoon. Garnish with coral lettuce, with the cherry tomatoes on top, and the anchovy chili on the side.

For Meat Patties

1. Season minced meat as per seasoning ingredients mentioned above, divide into 4 portions. Roll each into a ball and flatten.
2. Heat up pan, add $\frac{1}{2}$ tbsp oil and fry each flattened patty till brown and cooked through. Control the heat to avoid burning.
3. Remove patties from pan, and place on kitchen towels to absorb excess oil.





Cold Soba with Grilled Garlic Prawn

Serves 4



Ingredients

200 g japanese whole-wheat soba

½ tsp salt

½ tbsp Healthier Choice Symbol (HCS) sesame oil

½ tbsp HCS olive oil

3 garlic cloves, finely chopped

¼ cup ginger, thinly sliced

200 g medium-sized prawns, shells removed and deveined

Salt and freshly ground black pepper to taste

20 thin asparagus, cut into 2 inches pieces lengthwise

½ tsp salt

3 large green onions, cut into 2 inches pieces lengthwise

20 cherry tomatoes, halved

4 tsp sesame seeds (optional)

Preparation

1. Cook the soba in boiling salted water for 7 minutes.
2. Meanwhile, put the olive oil and garlic into a frying pan set over medium-high heat and sauté until fragrant for about 30 seconds.
3. Then add ginger and prawns, with a pinch of salt and pepper to taste, and fry till both sides turn slightly brown.
4. Cook asparagus in 1-inch thick of salted water for 3 minutes or until tender.
5. Rinse cooked soba with cold water and toss soba in sesame oil till evenly coated.
6. Serve soba with grilled prawns, asparagus, green onions and cherry tomatoes, with sesame seeds sprinkled over.

Semi-finalist



Courtesy of Quek Yibing and Lim Lang Kheng

"Our Cold Soba with Grilled Garlic Prawn was a very appetising and heart-nourishing meal. More importantly, it has encouraged us to replicate more of our favourite dishes with a healthy spin!"



Pasta & Salsa with Pan-fried Fish Fillets

Serves 4



Ingredients

400 g, bay fish white fish fillet
1 onion, finely diced
Juice 1 lemon,
1 red capsicum, finely diced
2-3 garlic cloves, finely diced
1 med tomato, finely diced
5 curry leaves, finely diced
1 orange, finely diced
100 g wholegrain pasta
2 tbsp Healthier Choice Symbol (HCS) margarine
½ tsp salt
½ tsp pepper to taste

Preparation

1. Rub the fish with salt and pepper to taste and pan fry until cooked. Set aside.
2. Cook pasta in hot water according to packaging. Drain and set aside.
3. Heat oil in heated pan, add garlic and sauté until brown.
4. When garlic has browned, add the cooked pasta. Mix well.
5. To make the salsa, mix the onion, red capsicum, tomato, garlic and orange together.
6. To serve, place pasta on a plate, with the fish and then top with the salsa.

Semi-finalist



Courtesy of Calvin Seow and Dyer Seow

"Both of us enjoy cooking together and it also brings the whole family together enjoying the food."



Spinach Rice with Stir-fried Chicken & Sprouted Green Salad

Serves 4



Ingredients

For Spinach Rice

150 g brown basmati rice
50 g white rice
320 g spinach, blended
50 g celery stick
1 stick lemon grass
1 tbsp low-fat coconut milk
 $\frac{1}{2}$ tsp salt
1 tsp Healthier Choice Symbol (HCS) olive oil

300 g chicken breast
Pepper to taste
1 tbsp HCS olive oil
1 tbsp coriander leaves

300 g chicken breast
Pepper to taste
1 tbsp HCS olive oil
1 tbsp coriander leaves

For Sprouted Green Salad

200 g mung bean sprouts
75 g corn kernels
75 g pomegranate seeds
75 g cherry tomatoes
1 small carrot, grated
1 small cucumber, grated
 $\frac{1}{4}$ tsp salt
1 tbsp lemon juice
1 inch ginger (sliced)

For Stir Fried Chicken

1 onion, sliced
4 garlic cloves, sliced
1 inch ginger, sliced

1 small cucumber, grated

Preparation

For Spinach Rice

1. Mix both types of rice. Add water according to packaging instructions.
2. Sauté the cut celery, lemon grass, blended spinach in olive oil.
3. Add the coconut milk and salt.
4. Add this mixture to the rice and cook until the rice is done.

For Stir Fried Chicken

1. Marinate the chicken with garlic, ginger and pepper to taste.
2. Heat oil in a pan, sauté onion for a minute or until translucent
3. Add ginger and garlic.
4. Sauté till almost brown then add chicken breast strips.
5. Mix well and cook with lid closed till the chicken is cooked through.

For Sprouted Green Salad

1. Mix the sprouts, corn kernels, pomegranate seeds, cherry tomatoes, grated carrot and cucumber, salt and lemon juice and serve.

Semi-finalist



**Courtesy of Chaitra Jagdish Mallabadi
and Dr. Sahana Hegde**

"Inspiration behind this menu was spurred by a student's quest for a healthy meal which comprised all the healthy elements like, right proportion and right kind of carbohydrates, proteins, fats and low-calorie along with fruits and vegetables, but all in ONE SINGLE MEAL."



Briyani Rice with Meatballs in Creamy Tomato Sauce

Serves 4



Ingredients

For Briyani Rice

- 1 cup rice, preferably basmati rice (mix of brown + white) but any long grained rice works too
- 2 cups vegetables (cauliflower, peas, french beans, onions), cut into small chunks
- 2 tsp briyani masala
- ½ cup curd*
- 1 tsp ginger, blended to a paste
- 1 tsp garlic, blended to a paste
- 1 bayleaf
- 1 cinnamon stick
- 2 tsp salt
- 1 tbsp Healthier Choice Symbol (HCS) oil

For Meatballs

- 200 g minced beef
- 250 g minced pork
- ¾ cup fine almond flour
- 1 onion, diced
- 2 eggs
- 2 garlic cloves, minced
- 1 tsp briyani masala
- ½ tsp salt

For Creamy Tomato Sauce

- 1 tbsp HCS oil
- 1 tbsp butter
- 3 onions, sliced
- 4 fresh tomatoes
- 50 g water
- 1 tsp garlic, blended to a paste
- 1 tsp ginger, blended to a paste
- 7 green cardamom
- 3-4 strands mace (optional)
- 1 tsp dried fenugreek leaves
- 1 tsp red chili powder
- 1 curd*
- 1 tsp salt (as needed)
- 1 tsp honey (as needed)

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Semi-finalist



Courtesy of Chen Huiling and Wong Swee Hwa

"People usually don't like whole grain rice as they find the texture particularly gritty, so I decided to make a vegetable briyani with it which goes quite decent with whole grain rice."



Preparation

For Briyani Rice

1. Wash rice and add water in rice cooker according to packaging instructions.
2. Add bayleaf, cinnamon stick and salt.
3. While rice is cooking, add oil to a pan and sauté garlic, ginger paste and briyani spices.
4. Add vegetables and continue to sauté for about 5 minutes or until vegetables are tender.
5. Turn off heat, add curd, mix, then pour into rice cooker and mix.
6. Cook rice.



For Meatballs

1. Mix all the ingredients and shape them into meatballs.
2. Bake in oven for 10-15 minutes or until browned.

For Creamy Tomato Sauce

1. Heat oil and butter in saucepan, and sauté cardamom, mace and onions until the onions are translucent.
2. Add garlic and ginger paste, and continue to sauté for 2 minutes.
3. Pour the ingredients from the saucepan into the blender, add the tomatoes and water and blend.
4. Pour the blended paste back into the saucepan and add chili, curd and fenugreek leaves.
5. Add salt if needed. Add honey if the sauce is too tart.
6. Add meatballs into sauce and let it simmer until ready to eat.

Serve meatballs in creamy tomato sauce with briyani rice.



Thai Style Beef Meatballs

Serves 4



Ingredients

For Thai Style Beef Meatballs

- 1 large onion, chopped
- 4 garlic cloves, chopped
- 3 cm piece ginger, peeled and grated
- 2 chili padi
- 1 stalk lemongrass (white part only), finely chopped
- 1 bunch thai sweet basil (leaves picked), thinly sliced
- 1 bunch mint, thinly sliced
- 1 bunch cilantro (leaves picked), finely chopped
- 2 eggs
- 1 tbsp fish sauce
- 2 tbsp Healthier Choice Symbol (HCS) oyster sauce
- 1 tbsp honey
- ½ tbsp sesame oil
- Pepper to taste

For Poached Eggs

- 2 eggs
- Splash of white wine vinegar
- Water
- Salt to taste
- Pepper to taste

For Brown Rice with Sweet Corn

- 2 cups brown rice
- 1 can corn kernels
- Water
- Salt

For Thai Mango Salad

- 2 thai green mango, peeled and cut into matchstick slices
- 1 thai lime
- 2 tbsp fish sauce, to taste
- 2 tbsp honey, dissolved in 1.5 tbsp water
- 1 garlic clove, peeled and finely chopped
- 2 chilli padi, sliced thinly
- 4 shallots, peeled and sliced thinly
- 100 g long bean, cut into 2-3 cm pieces
- 1 small carrot, peeled and cut into match-stick slices
- 5 cherry tomatoes, halved
- 1 bunch cilantro, (leaves picked)
- 2 tbsp roasted peanuts

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Semi-finalist



Courtesy of Nigel Leong and Augustine Tan

"We have always been fascinated with the wonderful myriad of flavours that Thai cuisine offers. So we decided to take a classic Thai style basil stir-fry beef dish and tweaked it a little."





Preparation

For Thai Style Beef Meatballs

1. Preheat oven to 200°C.
2. Combine all the ingredients for the meatballs in a mixing bowl.
3. Using your hands, portion out meatballs. You should get 20-25 meatballs.
4. Place meatballs in a muffin tray or align them on a baking tray lined with baking paper.
5. Bake for 15-20 minutes or till cooked through.

For Poached Eggs

1. Bring a pot of water and splash of vinegar to a light simmer (water temperature between 72-81°C).
2. Crack eggs straight into the simmering water.
3. Poach egg for 3 minutes.
4. Using a slotted spoon, carefully remove egg from water and put aside.
5. Season before serving.

For Thai Mango Salad

1. Zest peel and juice from 1 lime and place in a measuring cup.
2. Whisk in fish sauce, honey, garlic and chili padi until sugar is dissolved.
3. Add shallot and mix well. Set dressing aside.
4. Place mangoes, long beans, carrots, cherry tomatoes and half cilantro in a large bowl. Toss gently to mix the ingredients.
5. Add dressing and a pinch of salt, toss until mixed
6. Sprinkle with roasted peanuts and garnish with remaining cilantro.



Tandoori Fish and Achar Slaw Tacos

Serves 4



Ingredients

For Tandoori Fish

400 g fish (any firm white fish or salmon), cut into 1 inch cubes

For Marinade

1½ tbsp Healthier Choice Symbol (HCS) olive oil

6 garlic cloves

40 g coriander leaves

3 cm ginger

2 tbsp lime juice

1 tbsp grated lime zest

1 tbsp red chili powder

½ tsp cumin powder

½ tbsp garam masala

½ tsp salt

1 tbsp chickpea flour

80 g low-fat greek yoghurt

For Chutney

70 g coriander leaves

1 green chilies

1 garlic cloves

2 tbsp lemon juice

¼ tsp salt

1 tbsp low-fat greek yoghurt

For Achar Slaw

200 g cucumber, cut lengthwise with the skin on, seeds removed.

150 g cabbage, shredded

50 g carrot, skin peeled and cut lengthwise

50 g ground peanuts

Salt to taste

Sugar to taste

½ tbsp oil

For Tamarind Juice

Tamarind pulp, about golf ball size

1 cup water

For Spice Paste

5 shallots

7 fresh red chilies

½ inch fresh turmeric (or some turmeric powder)

2 candlenuts



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Semi-finalist



Courtesy of Jiajia Ng and Tay Vivien

"I've always love Indian spices and how they can bring out the taste of the food without excessive addition of salt and sugar."





Preparation

For Tandoori Fish

1. Make a fine paste with half the oil, garlic, coriander, ginger, lime juice and zest, red chili powder, cumin powder, garam masala and salt.
2. Heat the remaining oil in a pan and add the chickpea flour, stirring to make a paste, and cook for about 1 minute till fragrant and lightly coloured.
3. Add the chickpea paste to the spice paste and combine with the yogurt. Mix well all the ingredients for the marinade.
4. Gently rub the marinade over the fish pieces and marinate for 10 minutes.
5. Pan fry the fish over medium heat until cooked. Or pre-heat the oven to 200°C. Spread out the marinated fish in a baking dish. Cook for 10-15 minutes on the top rack turning the fish pieces once in the middle of the cooking time. Baste once or twice during cooking.

For Chutney

1. Make a fine paste of all the ingredients in the blender.
2. Serve fish warm with chutney.

For Achar Slaw

1. Soak the tamarind pulp in water for 10 minutes. Squeeze and extract the juice, and set aside.
2. Blend the spice paste in a food processor and set aside.
3. Heat up a wok and add oil. Stir-fry the spice paste until aromatic. Add tamarind juice and bring to boil. Add salt and sugar to taste.
4. Add all vegetables into the wok and turn off the fire immediately. Add ground peanut, stir to mix well.
5. Let cool.

To Serve

1. Pan fry oat chapatti on low heat till crispy, about 3-4 minutes.
2. Divide the fish into 4 portions.
3. Spread the chutney on the chapatti evenly.
4. Place 3-4 tbsp of achar on the chutney.
5. Top the achar with the fish.
6. Serve immediately.



Baked Chicken Rendang Rice

Serves 2



Ingredients

¾ cup brown rice
2 cups water
1 tbsp olive oil
300 g chicken breast/thigh, remove bones and skin, cut into 1 inch cubes
Pinch of pepper to taste
1 big bunch broccoli, cut into small florets
1 jar (195 g) Healthier Choice Symbol (HCS) rendang paste
Handful of baked cashew nuts, chopped
100 g shredded low-fat cheddar cheese
Handful of parsley

Preparation

1. Cook brown rice in rice cooker according to packaging instructions.
2. Season the chicken pieces lightly with pepper to taste.
3. Parboil the broccoli for 5 minutes.
4. Heat oil in a non-stick pan and stir-fry chicken thigh till half-cooked.
5. Mix rendang paste in thoroughly, and stir-fry till cooked.
6. Spread cooked brown rice in a baking pan.
7. Add broccoli, chopped cashew nuts, then chicken rendang on top of rice. Finally, cover the top with cheese.
8. Bake in a preheated oven at 200°C for 5 minutes, till cheese melts and slightly browns.
9. Garnish with parsley, and serve while hot.

Semi-finalist



Courtesy of Heng Wenxiu and Teo Sok Cheng

"This was a cheat dish I created when I was studying in London and craving food that reminds me of home. I added snippets of London (i.e. Western Culinary) for fond memories' sake!"



Tandoori Chicken Curry with Pomegranate Mint Yoghurt Salad

Serves 4



Ingredients

For Tandoori Chicken Curry

- 1 pack prima taste singapore curry sauce kit consisting of:
- 1 pack singapore curry paste (pack A)
- 1 pack singapore curry premix (pack B)
- 400 ml water for pack A
- 260 ml water for pack B
- 4 skinless chicken breast fillets, sliced
- 12 cherry tomatoes, halved
- 2 eggplants (quartered lengthwise, then halved)
- 1 small bunch of fresh coriander, chopped
- 4 x 140 g Healthier Choice Symbol (HCS) plain yogurt
- 1 pack Gardenia wholemeal wraps (cut to pieces)
- 1 loaf Gardenia light wholemeal bread

For Marinade

- 2 tbsp HCS yoghurt
- 1 tbsp honey
- 2 tbsp lime juice
- 2 tsp paprika
- 1 tsp coriander powder
- 1 tsp cumin powder
- 2 tsp of singapore curry paste (pack A)
- 2 tsp black pepper to taste

For Pomegranate Mint Yoghurt Salad

- 500 g HCS yoghurt
- 1 tbsp lemon juice
- ½ tsp cumin powder
- 3 tbsp mint leaves, chopped
- 1 small pomegranate
- 1 whole deseeded cucumber, grated
- 1 whole carrot, finely sliced
- ½ red onions, finely sliced
- ½ tsp ground black pepper to taste
- A pinch of sea salt

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Semi-finalist



Courtesy of Rose Azryena and Md Yusof

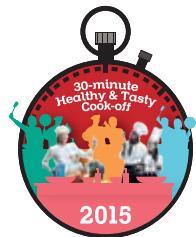
"It has always been a challenge to get our 2 year old son to eat healthy. Recently we discovered that he loves to have his toasted bread with dip sauces. In this recipe, we put together healthy alternatives to his favourite meal."



Preparation

For Pomegranate Mint Yoghurt Salad

1. Whisk the yoghurt briefly in a small bowl then add most of the chopped mint, pomegranate seeds and cumin powder.
2. Add salt, black pepper and lemon juice to taste.
3. Add carrot, onion and cucumber. Mix well.
4. Chill for later consumption.



For Tandoori Chicken Curry

1. In a bowl, mix all marinade ingredients. Marinade the chicken slices. Leave for 5-10 minutes.
2. Stir fry marinated chicken for 3-5 minutes.
3. In a separate pot, add pack A to 400 ml of water. Stir well and bring to boil on high heat. Stir occasionally.
4. Add stir-fried chicken, tomato, eggplants and chopped coriander leaves to the pot.
5. In a separate bowl, mix singapore curry premix with 260 ml water. Add to pot and simmer for 5-10 minutes on low heat. Stir occasionally.
6. Toast sliced bread or wraps in a toaster or frying/griddle pan.
7. Serve curry hot with toasted bread/wraps and chilled yogurt salad.



Smoky Tangy Curried Prawns with Lime Infused Toasted Garlic Wholemeal Bread

Serves 4



Ingredients

For Curried Prawns

2 tbsp Healthier Choice Symbol (HCS) olive oil
½ tsp black mustard seeds
1 tsp fenugreek seeds
2 medium onions, finely chopped
150 g lady's fingers, cut into 2 inch pieces. (Tip: You can remove the gooey-ness by soaking the lady's fingers in water for 10-15 minutes before cooking them)
1 tbsp cumin powder
1 tsp saffron threads
1 tbsp ground coriander
½ tsp smoked paprika
½ tsp cayenne pepper to taste
200 ml of water
2 medium tomatoes, chopped roughly
1 tbsp. of tamarind paste/assam mixed with 300 ml water
600 g prawns (de-shelled, deveined with tail intact)
100 ml low- fat coconut milk
80 g chickpeas
½ tsp sea salt
1 sprig fresh curry leaves (10-15 leaves)
5 whole dried red chillies
1 tbsp sliced almonds
1 fresh red chilli (deseeded and sliced lengthwise)
4 sprigs of coriander leaves/cilantro, chopped

For Lime and Garlic Infused Wholemeal Bread

6 garlic cloves
½ tbsp HCS olive oil
4 tbsp lime juice
Salt to taste
8 slices of wholemeal bread

Preparation method
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Semi-finalist



Courtesy of Berlinda Ho and Jessie Tan

"My prawn curry dish is inspired by the combination of both the Indian curry and Moroccan tagine. With the lime infused fried garlic brown rice, complimenting my prawn curry, I am able to retain the subtle flavours of India, with the smoky aroma of Morocco."



Preparation

For Curried Prawns

1. Heat 1 tbsp of olive oil in the frying pan and add the mustard seeds.
2. Let the mustard seeds cook till they have stopped popping.
3. Add the fenugreek seeds and cook for about 30 seconds before adding the cumin seeds and chopped onions.
4. Sauté for a few minutes until the onions are almost translucent.
5. Add the lady's fingers and sauté till tender.
6. Season with a pinch of sea salt before removing the lady's fingers from the pan and set aside.
7. Add the dry spices along with the 200 ml of water to the pan and stir to combine.
8. Add the chopped tomatoes, tamarind juice and half the curry leaves reducing the heat and simmer for 5 minutes. Season with remaining sea salt.
9. Meanwhile, blend the coconut milk and chickpeas until smooth.
10. Add in the prawns to the simmering curry, and stir in the coconut/chickpea mixture and lady's fingers.
11. Turn off the heat when the prawns are cooked.
12. Heat 1 tbsp of olive oil in another frying pan and add in the red dried chillies.
13. Cook till they are almost smoky black.
14. Remove the pan from the heat.
15. Toss in the sliced almonds and the remaining curry leaves.
16. Sprinkle the toasted almonds and curry leaves over the curry and cover the pan with the lid for a further 1 minute.
17. Garnish the curry with chopped coriander and sliced red chilli.
18. Serve with lime and garlic infused wholemeal bread.

For Lime and Garlic Infused Wholemeal Bread

1. Blend garlic, olive oil, lime juice and salt till it forms smooth paste.
2. Preheat oven to 180°C.
3. Spread garlic mixture very thinly on both sides of bread.
Cut each slice of bread into 3 pieces.
4. Toast bread in oven for 5 minutes.
5. Turn bread over and continue baking for another 3 minutes or until crispy.
6. Serve warm with curried prawns.





Easy Pizzas

Serves 4



Ingredients

For BBQ Pizza

2 slice wholemeal wrap
2 tbsp bbq sauce
100 g boiled skinless chicken breast, shredded
40 edamame beans
2 tbsp of mozzarella cheese
2 tbsp of cheddar cheese
Rocket leaves (optional)

For Laksa Chicken Pizza

2 slice wholemeal wrap
2 tsp Healthier Choice Symbol (HCS) laksa paste
2 tbsp tomato based pasta sauce
100 g boiled skinless chicken breast, shredded
16 baby tomatoes, halved
2 tbsp of mozzarella cheese
2 tbsp of cheddar cheese
Rocket leaves (optional)

Preparation

For BBQ Pizza

1. Spread the respective sauces on the wraps.
2. Place all ingredients on top (except the rocket leaves) before toasting in toaster/oven for approximately 10 minutes at 180°C or until cheese melt and wraps turns to a crispy cracker-like base.
3. Scatter the rocket leaves before serving. Cut each pizza into 6 slices to serve.

For Laksa Chicken Pizza

1. Spread the respective sauces on the wraps.
2. Place all ingredients on top (except the rocket leaves) before toasting in toaster/oven for approximately 10 minutes at 180°C or until cheese melt and wraps turns to a crispy cracker-like base.
3. Scatter the rocket leaves before serving. Cut each pizza into 6 slices to serve.

Semi-finalist



Courtesy of Caroline Lim and Ong Bing Liang

"These are the exact items which my family eats. Ingredients can be replaced, reduced or removed according to individual liking or health needs. The kids can prepare these meals on their own with ease. It's a family and kids friendly meal."



Healthy Brown Rice Bee Hoon Soto

Serves 4



Ingredients

For Chicken Soup

- 2 stalk lemongrass, (the white portion about 4 inches from root)
- 2 bunches of coriander roots
- 1 piece galangal (about 1 cm, bruise it with back of knife)
- 2 litres of water
- 1 tbsp salt
- 2 tsp rock sugar (can be replaced with any other sugar)
- 500 g cleaned skinless chicken pieces.
- 3 tbsp canola oil (reduce to 2 tbsp if using non-stick pot)

Part A

- Blend the 3 ingredients below with a bit of water
- 4 cloves garlic
 - 1 ½ inch ginger (about 30 g)
 - 1 big onion (about 85 g)

Part B

- ¼ tsp turmeric powder
 - ¼ white pepper powder
 - ½ tbsp coriander powder
- Add a bit of water and mix to paste

Part C

- 1 piece cinnamon stick
- 1 tsp fennel seeds
- 1 tsp cumin seeds
- 1 tbsp coriander seeds
- 1 star anise
- 2 cardamoms
- 2 cloves

For Noodles

- 300 g brown rice bee hoon
- 150 g bean sprout

For Garnish

- 2 bunches of coriander leaves. Keep the roots for stock
 - 1 stalk spring onions
- Air fried shallots (thinly slice some shallots, lay them on a wire mesh, and spray some oil on them. Heat up the air fryer to 130°C and cook for 8 minutes. Shake and stir them before cooking them or another 3-5 minutes according to your preference of how brown you like your shallots.)

For Sambal Kicap

- 3 tbsp sweet soy sauce
- 8 thai red chilli
- 3 shallots cloves

Preparation method
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Semi-finalist



**Courtesy of Hasliza Kiman
and Johari Shamsudin**

"This healthy Soto version is something which I've experimented a few times and adjusting at every try to suit our palate."



Preparation

1. Heat up pot, add canola oil.
2. Add Ingredients C and sauté a few minutes till the fennel starts popping. Remove from pot.
3. Add Ingredients A to the pot and sauté for about 3-4 minutes or until onions are slightly translucent.
4. Return Ingredients C to the pot and sauté for another 3-4 minutes. Careful not to burn.
5. Add the chicken pieces, sauté for 1 minute or so.
6. Add the ingredients for the chicken soup; water, coriander roots, galangal, salt and rock sugar.
7. Cover and let it cook on high heat. Occasionally skim off the scum.
8. While waiting for the soup to cook, soak the bee hoon in hot water for 5 minutes. Then drain and set aside.
9. Wash the beansprout and chopped the garnish coriander leaves and spring onions. Set aside.
10. Prepare the sambal kicap.
11. 5 minutes before end of cooking time, remove chicken and shred the meat and set aside. Continue to simmer the soup.



For Sambal Kicap

1. Blend all ingredients coarsely.

To Serve

1. Place some bee hoon, top with crunchy bean sprout, followed by shredded chicken.
2. Ladle hot soup over the bean sprout and chicken.
3. Sprinkle coriander and spring onions.
4. Serve with sambal kicap.



Chicken Masala Roll

Serves 4



Ingredients

For Chappati

½ cup wholewheat flour
½ cup multigrain flour
1 tsp Healthier Choice Symbol (HCS) oil
¼ tsp salt
1 tbsp HCS yogurt

For Mint Sauce

1 cup fresh coriander leaves
½ cup fresh mint leaves
1 green chilli
1 piece garlic
¼ cup raw mango
½ tsp lemon juice
Salt to taste

For Salad

¼ red cabbage, shredded
1 carrot, shredded
¼ lettuce head, shredded
1 onion, thinly sliced
1 tbsp coriander, finely chopped
1 tsp mint leaves
Salt to taste
1 tsp lemon juice
½ tsp black pepper to taste
½ tsp chaat masala

For Chicken Masala

Part A

250 g lean chicken, boneless and cut into 1 cm pieces
½ tsp lemon juice
1 tsp tandoori chicken masala
1 medium tomato, chopped
1 tsp ginger-garlic paste
¼ tsp turmeric powder
½ tsp chilli powder
½ tsp chaat masala
½ tsp garam masala
¼ tsp turmeric powder.
Salt to taste

Part B

2 tsp HCS oil
1 big onion, sliced
1 small tomato, diced
1 bunch of coriander leaves, chopped
1 tsp HCS soy sauce

Part C

4 eggs
¼ tsp salt
½ tsp pepper
2 tsp HCS oil

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Semi-finalist



Courtesy of Rina Sibani and Beherat Sukant

"Inspired by the Chicken Roll available in the market, we decided to create a healthy Chicken Masala Roll using whole grain and multi-grain flour for Chappati."



Preparation

For Chappati

1. Mix all the above ingredients and make a soft dough to the consistency of play dough.
2. Knead for 5 minutes.
3. Cover it with a damp cloth and leave aside for 15 minutes.
4. Make 4 balls of dough, then with a well-floured rolling pin, roll them out flat to make a thin chappati.
5. Heat a tawa or a pan to high heat and cook the chappati without any oil for about 2 minutes on each side or until browned.
6. Serve immediately or cover and keep warm in oven until needed.



For Mint Sauce

1. Blend all the ingredients to get a smooth paste.

For Chicken Masala

Part A

1. Mix the chicken with all the ingredients. Let it marinate for 10-15 minutes.

Part B

1. Heat oil in a pan. Add sliced onions and cook until soft.
2. Add diced tomatoes and keep stirring on medium heat for 2 minutes.
3. Add the marinated chicken to the pan. Stir for 8-10 minutes until the chicken is cooked through.
4. Add chopped coriander leaves and soy sauce.
5. Cook for another minute.

Part C

1. Beat the 4 eggs with salt and pepper.
2. Heat $\frac{1}{2}$ tsp oil in a pan, pour $\frac{1}{4}$ of the egg mixture into the pan.
3. Put the chappati on top of the egg mixture and cook for half a minute.
4. Flip the chappati over and cook for another half minute.
5. Remove from pan onto a plate. Repeat with the rest of the egg mixture.
6. To serve, spread some mint sauce on the egg side of the chappati.
7. Put some chicken filling and some freshly sliced onions. Sprinkle a pinch of chaat masala and roll it tightly. Cut into half and serve with salad and mint sauce.

