

I CAN'T
BELIEVE IT
TASTES
SO GOOD!

DIABETES-
FRIENDLY
RECIPES
FOR ALL



A Project
of NHG Health



**I Can't Believe
It Tastes So Good!**

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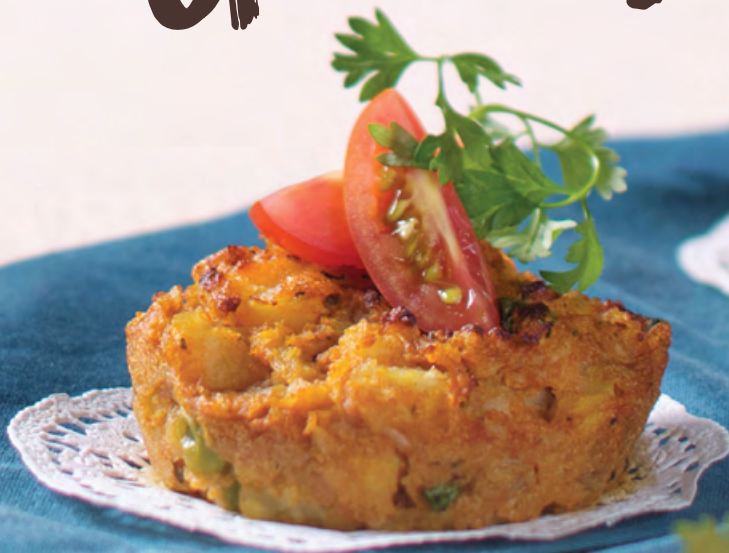
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Message

PROFESSOR JOE SIM

Group Chief Executive Officer, NHG Health

At the National Healthcare Group (NHG Health), our mission is to help people stay healthy—not just in our polyclinics and hospitals, but in their everyday lives. This cookbook is an extension of that mission to add years of health to the people we serve. It is designed to make healthy eating easier and more enjoyable for everyone, especially those managing diabetes and other chronic conditions.

We greatly value our partnership with Tanoto Foundation, which has enabled us to advance diabetes research and make a direct, meaningful impact on the lives of our patients. This cookbook was inspired by the groundbreaking Diabetes Reversal Programme at NHG Polyclinics, which has empowered patients to manage type 2 diabetes through lifestyle changes, reducing or even avoiding the need for medication. With this cookbook, we are bringing those lessons into your home—making it easier for many more people to make healthier choices and improve their well-being.

What sets this cookbook apart is its focus on Asian recipes. We know how much these flavours are cherished, both locally and globally.

Now, you can savour these familiar tastes while taking care of your health. Created by dietitians from NHG Polyclinics, in collaboration with nutritionists from Temasek Polytechnic and our patients, this collection of dishes is thoughtfully created to nourish the body while delighting the senses.

You will also find quotes from individuals who have participated in our community health programmes. Their stories highlight real-life experiences of managing diabetes, high blood pressure and other conditions through lifestyle changes. We deeply appreciate their willingness to share their journeys, and we hope their stories will encourage and inspire you to embark on your own path to better health.

This cookbook is more than just a collection of recipes—it reflects our commitment to empowering individuals with the knowledge to make healthier choices. I hope you will find joy in preparing these dishes, sharing them with loved ones and nourishing your body along the way. Here's to adding healthier and more flavourful years to our lives.



Foreword

TINAH BINGEI TANOTO

Co-Founder, Tanoto Foundation

At Tanoto Foundation, our mission has always been to support initiatives that transform lives. Since 2009, we have been proud to collaborate with organisations like NHG Health to drive projects that make a real impact on healthcare and medical research. One of these is the Diabetes Reversal Programme, a collaboration with NHG Health focused on transforming the lives of people living with type 2 diabetes.

Type 2 diabetes is a growing challenge in Singapore, with projections showing that one in four people will be affected by 2050. It's already one of the leading causes of death in Southeast Asia and worldwide, making it crucial to find innovative solutions to help people manage their health and prevent further complications.

That's where the Diabetes Reversal Programme comes in. Led by Dr Tang Wern Ee and the NHG Polyclinics team, this programme is built around a simple but powerful idea: small, everyday changes can make a big difference to our health. Through sustainable lifestyle adjustments—without relying on medication or surgery—the programme empowers participants to manage their blood sugar levels. We're excited to support this

transformative initiative and its positive impact on those with type 2 diabetes.

This cookbook, *I Can't Believe It Tastes So Good!*, is an exciting part of that journey. It offers a collection of diabetes-friendly recipes that are simple to prepare and full of flavour. Healthy eating doesn't have to feel like a sacrifice. Whether you're managing diabetes or cooking for a loved one, these recipes make it easier to enjoy delicious meals while staying healthy.

Created with input from NHG Polyclinics dietitians and nutritionists, this cookbook is meant to inspire positive, lasting changes in your diet and health. On behalf of Tanoto Foundation, I want to extend my gratitude to Dr Tang and NHG Health for their dedication to advancing diabetes care and research. And to you, the reader—congratulations on taking this step towards healthier eating. With the right knowledge, support and delicious food, we believe you can make lasting, positive changes to your health and well-being.

Enjoy the recipes!

Introduction

ASSOCIATE PROFESSOR TANG WERN EE

Director, Clinical Research Unit, NHG Polyclinics

Welcome to *I Can't Believe It Tastes So Good!*

This cookbook showcases simple, flavourful and healthy meals that anyone can prepare—whether you're a novice in the kitchen or simply looking for fresh ideas to eat better. Dietitians and nutritionists from NHG Polyclinics and Temasek Polytechnic came together, blending their nutritional expertise with practical cooking strategies to curate and craft 100 easy-to-prepare, delicious and nutritious recipes. We believe healthy eating doesn't have to be boring or bland. With the right ingredients and techniques, nutritious meals can be both fun to prepare and delightful to savour. A heartfelt thank you to Tanoto Foundation for the generous funding that made this cookbook possible.

HEALTHY FOOD CAN BE TASTY

It is often assumed that healthy food must be bland and uninspiring. This cookbook shows you otherwise. The 100 recipes in this book show how simple, fresh ingredients paired with herbs and spices can create meals that are not only nutritious but also bursting with flavour. Small tweaks—like swapping heavy sauces with yoghurt-based dressings or adding zest with ginger and chilli—can completely transform a meal. Whether it's a quick stir-fry, an aromatic curry or a refreshing dessert, these recipes prove that healthy eating can be enjoyable and satisfying.

MEALS FOR ONE OR FAMILY

This cookbook is designed with flexibility in mind—perfect for when you're making a quick meal for yourself or cooking for your family. With tips on scaling portions to reduce waste and save time, healthy cooking becomes practical for solo dining and sharing the table with family and friends.

WHY HOME-COOKED MEALS MATTER

Home-cooked meals let you take charge of your nutrition, allowing you to use fresh ingredients and avoid additives. Cooking also fosters a healthy relationship with food, promoting self-care and the joy of creating something that can be savoured. Cooking and eating together strengthens connections through family meals, intimate dinners with loved ones and casual gatherings with friends.

A MULTICULTURAL APPROACH TO HEALTHY EATING

The recipes in this book celebrate diverse culinary traditions, drawing inspiration from Chinese, Malay, Indian, Western and other cuisines. Each culture brings its own healthy cooking techniques, flavours and nourishing ingredients. From quick stir-fries to vibrant salads, aromatic curries and comforting soups, there's something for every palate. We hope to inspire you to enjoy a variety of flavours while nourishing your body.



WHAT YOU'LL FIND IN THIS COOKBOOK

This cookbook offers recipes for every part of your day:

- Snacks and Light Bites: Healthy alternatives to store-bought snacks
- Lunch and Dinner: Balanced meals featuring lean proteins, vegetables and whole grains
- Desserts: Sweet treats made with natural ingredients and minimal refined sugar
- Plant-Based Options: Vegetarian and vegan dishes, with adaptable tips for dietary preferences

This cookbook includes practical suggestions for ingredient substitutions and preparation. From quick weeknight meals to weekend family gatherings, there's a dish here for every occasion.

COOKING FOR HEALTH AND COMMUNITY

Food is not just about nourishment—it's a way to build connections. Cooking can become a shared experience, bringing people together to enjoy good meals and meaningful moments. This book encourages you to invite others into your kitchen, involve kids in meal preparation and organise cooking sessions with friends. Healthy eating is easier and more enjoyable when it's done together.

YOUR HEALTHY JOURNEY STARTS HERE

Making healthy choices can start with small, consistent steps that lead to lasting improvements. Start by trying one new recipe a week or replacing processed snacks with home-made options. Over time, these habits can become part of your routine, helping you maintain a healthier lifestyle effortlessly.

With this cookbook as your guide, you'll find that cooking at home can be simple, enjoyable and rewarding. You'll also discover that healthy food can taste amazing. These recipes aim to inspire you to enjoy your time in the kitchen, explore new flavours and share delicious, nutritious meals with others.

Thank you for choosing *I Can't Believe It Tastes So Good!* to accompany you on your journey. As you cook for yourself or many, we wish you joy in every dish and happiness with each bite. Now, let's get started—happy cooking!



Food as Medicine

DR KALPANA BHASKARAN

Deputy Director, Industry Partnerships
Head, Glycemic Index Research Unit, Temasek Polytechnic

The concept of food as medicine dates back to the time of Hippocrates, who is attributed with saying, “Let food be thy medicine and medicine be thy food.” When I think of Hippocrates’ wisdom, I can’t help but think of my late grandmother, who lived this truth every day. She didn’t need a degree to understand that food, in its purest form, is our most powerful and preventive medicine. Her kitchen was her healing space, where each meal was thoughtfully crafted to nourish both the body and the soul. The aroma of spices like ginger, garlic and turmeric filled the air—ingredients chosen not just for their flavour but for their therapeutic power. Her simple meals eased my common colds and minor ailments, keeping me as fit as a fiddle.

Fast forward to today. In a modern world of fast food and quick fixes, we’ve begun to lose touch with this timeless wisdom. Yet, evidence-based science has proven what our ancestors always knew: the food we eat is the foundation of our health, whether in traditional Chinese medicine, Ayurveda or Jammu. Fruits and vegetables brim with phytochemicals,

naturally occurring compounds that fight disease and protect cells. Antioxidants, like the vitamin C in citrus fruits, beta-carotene in sweet potatoes and lycopene in tomatoes, help neutralise harmful free radicals, shielding us from various illnesses. Whole grains, legumes, nuts and lean proteins provide the macronutrients—carbohydrates, proteins and fats—that fuel our bodies, build our muscles and support vital functions.

The connection is undeniable. A small handful of nuts can strengthen your heart. A glass of milk, rich in calcium, strengthens your bones. Even the simplest ingredients, like the fibre in an apple, beta-glucan in oats, omega-3s in fatty fish or the protein in an egg, work quietly but powerfully to sustain our well-being.

Now imagine your own kitchen—a place not just for preparing meals but for supporting a healthy lifestyle with every chop, stir and simmer. This cookbook is your guide to embracing this philosophy in your everyday life. It’s a collection of simple, nutritious recipes that celebrate the power of food as



medicine. As you flip through these pages and bring these recipes to life, remember that every meal you make is an opportunity to take care of your health.

Home cooking doesn't have to be complicated, and this cookbook makes it simple and enjoyable. With 100 easy-to-follow recipes, you can create wholesome, delicious meals that nourish your body and

support your well-being in a more holistic manner, where food is not just fuel but a vital component of your health. Whether you're a beginner or a seasoned cook, each recipe is designed to be straightforward, using everyday ingredients to bring the healing power of food into your home.

Let the cooking begin: one meal at a time, for a lifetime of health.

Eating Well: Key Principles for Better Health

PAULINE XIE

Principal Dietitian; Assistant Director, Clinical Services,
NHG Polyclinics



It's easy to overlook the importance of eating healthy in our everyday lives. This recipe book is designed to help you rediscover the joy of cooking and enjoy the benefits of healthy eating. With support from Tanoto Foundation and Temasek Polytechnic, we've put together 100 recipes—from quick breakfasts to hearty dinners. There's something for everyone, regardless of skill level.

CHOOSE WHOLE FOODS

Whole foods are minimally processed or unprocessed.

Unlike highly processed foods (also known as “ultra-processed foods”), whole foods retain much of their nutrients, like vitamins, minerals and fibre. Eating a diet rich in whole foods can help you reach a healthy weight and maintain healthy blood sugar levels. Examples

of whole foods include fruits, vegetables and whole grains like oats and brown rice.

PLAN AHEAD

Planning ahead includes making a shopping list before going grocery shopping, pre-selecting healthier menu items when eating out and ensuring you have healthier foods at home for cooking. “Meal prepping” is a popular trend where you cook in advance and in bulk. Planning can help you save time, reduce food waste and increase the likelihood of eating better.

PLANT-BASED DIET

A plant-based diet doesn't necessarily mean becoming a vegetarian. It simply means being more mindful about your food choices. You may still eat fish, meat, poultry, eggs and dairy, but most of your food choices will come from plant sources and minimally processed foods. We've included plant-based recipes in this cookbook, such as healthy Chicken Tofu Nuggets (page 108) and fiery Sambal Goreng Tempeh (page 89).

EAT MINDFULLY

Take time to enjoy your meals. Avoid distractions and pay attention to when you're truly hungry or when you're comfortably full.

EXPERIMENT

Healthy cooking doesn't have to be boring or bland. Don't be afraid to make these recipes your own—try new ingredients you've always been curious about, adjust the quantity of certain ingredients or replace ingredients with ones your family enjoys! Trust your instincts and have fun in the process.

RETHINK CARBOHYDRATES

Carbohydrates often get a bad reputation due to many weight-

loss trends. However, they play a key role in metabolism. Focus on the quality of carbohydrates, not just the quantity. Carbohydrates from whole foods like fruits, whole grains and legumes are packed with nutrients and digest slowly, helping to stabilise blood sugar levels. In contrast, carbohydrates from highly processed foods, like white bread and sugary snacks, can cause blood sugar spikes and contribute to weight gain.

LIMIT ADDED SUGARS

Excess sugar can lead to weight gain and various medical conditions. Choose plain water instead of sugar-sweetened beverages. If you have a sweet tooth, opt for fruits or try the lower-sugar desserts in this cookbook. We've reimagined traditional recipes to be lower in sugar while still full of flavour.

HEALTHY FATS

Healthy fats are essential for brain function, hormone production and heart health. Opt for healthy fats (unsaturated fats) found in olive oil, rice bran oil, avocados, nuts and seeds. Limit unhealthy fats, such as animal fats, full-fat dairy products and trans

fats found in processed foods like pastries and packaged snacks.

PROTEIN POWER

Protein is essential for muscle growth, building and repairing body tissues and keeping your immune system healthy. In this cookbook, you will find a variety of protein-packed recipes that are nutritious and flavourful. Whether you prefer plant-based proteins like beans and tofu or lean animal proteins like chicken and fish, these dishes are created to suit every palate and dietary preference.

LOW SODIUM

Too much sodium in the diet can lead to high blood pressure and other health issues. Nine in ten Singapore residents exceed the daily recommended sodium intake.¹ Use less salt when cooking, choose lower-sodium foods and avoid gravies and sauces, especially when dining out. Explore the world of herbs and spices to enhance your dishes—many of the recipes in this cookbook use common herbs and spices that are easily available locally.

¹ National Nutrition Survey 2022: Report, (Health Promotion Board, 2022), 9, <https://www.hpb.gov.sg/docs/default-source/pdf/nns-2022-report.pdf>.

“As a community worker, I’ve seen firsthand the struggles of chronic illnesses. I was also a caregiver for my late father during his end-stage kidney failure, and these experiences have shaped how I think about food and health. I’m trying to instil good eating habits in my children, but it isn’t easy. As a society, we’re cultured to eat unhealthy food. A cookbook with healthy options is more than just about the recipes—to me, it’s a beautiful project because it’s a bonding tool for me and my kids. We’ve enjoyed discovering new ideas together, like using ikan bilis powder for flavour. I often tell my children that being mindful when you eat is important—to really engage your senses and recognise when something is too sweet or salty. It’s crucial because we’re spoiled for choice when it comes to food. We need to be aware of what we put into our bodies and make conscious choices. These decisions can have a big impact on our health in the long run.”

James Seet

Community worker

Breakfast





Millet Fish Congee

SERVES 4 • TAKES 25 MINUTES



NUTRIENTS	PER SERVING
Energy	470kcal
Carbohydrate	63.5g
Protein	25.1g
Total Fat	12.0g
Saturated Fat	2.1g
Dietary Fibre	4.0g
Sodium	288mg

1200ml water
320g millet
240g carrots, cubed
½ thumb-sized ginger, cut into thin strips
360g fish fillet, marinated with 1 tbsp sesame oil and 1 tsp grated ginger
160g baby spinach leaves
a pinch of white pepper
1 tbsp reduced-salt light soy sauce
2 tsp sesame oil

For the garnish

fresh coriander, chopped
ginger, cut into thin strips

In a large pot, bring the water to a rolling boil.

Add the millet and cook it over medium heat for about 15 minutes, stirring every 3 minutes to prevent it from sticking to the bottom of the pot.

Add the carrots and simmer them until tender.

Add ½ of the ginger and the fish, stirring until the fish is fully cooked.

Fold in the spinach leaves. Season the congee with white pepper, soy sauce and sesame oil.

Once combined, remove the pot from the heat and ladle the congee into a serving dish.

Garnish with the coriander and remaining ginger.

QUICK TIPS

- Millet is a gluten-free grain, rich in fibre and minerals, and makes a great rice alternative.
- For extra flavour, marinate the fish for at least 30 minutes before cooking.



Wholegrain Chicken Chow Mein

SERVES 2 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	391kcal
Carbohydrate	45.5g
Protein	29.5g
Total Fat	10.1g
Saturated Fat	1.9g
Dietary Fibre	5.1g
Sodium	477mg

200g wholegrain Hokkien noodles
200g boneless, skinless chicken breast, thinly sliced
2 cloves garlic, minced
1 tsp reduced-salt light soy sauce
1 tsp hoisin sauce
2 tsp rice vinegar
2 tsp cornstarch
2 tsp cooking oil
100g cabbage, thinly sliced
50g carrots, cut into thin strips

For the garnish
spring onions, chopped
sesame seeds, toasted

Cook the noodles according to the package instructions. Drain and set aside.

In a bowl, combine the chicken with the garlic, soy sauce, hoisin sauce, rice vinegar and cornstarch. Marinate for 15–20 minutes.

Heat ½ of the oil in a skillet over medium-high heat. Stir-fry the marinated chicken until fully cooked and slightly browned. Remove it from the skillet and set it aside.

In the same skillet, add the remaining oil and stir-fry the cabbage and carrots for 3–4 minutes until they are tender yet crisp.

Return the chicken to the skillet, along with the cooked noodles. Toss gently to mix the noodles, chicken and vegetables evenly.

Serve on a plate. Garnish with the spring onions and sesame seeds.

QUICK TIPS

- Choose cooking oil with the Healthier Choice Symbol (HCS) for a healthier option.
- Wholegrain noodles are higher in fibre, which supports digestion and promotes longer-lasting satiety.
- Add other vegetables like chye sim, bok choy, capsicum or asparagus for added colour, texture and nutritional benefits.



Stir-Fried Glass Noodles

SERVES 2 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	491kcal
Carbohydrate	51.5g
Protein	24.3g
Total Fat	20.1g
Saturated Fat	3.9g
Dietary Fibre	5.4g
Sodium	431mg

100g dried glass vermicelli,
soaked in hot water for
10 minutes then drained

1 tbsp cooking oil

2 cloves garlic, minced

2 tsp minced ginger

1 medium yellow onion, sliced

80g carrots, cut into thin strips

2 eggs, beaten

120g boneless, skinless chicken
breast, cubed

100g cabbage, thinly sliced

90g Chinese spinach

40ml low-sodium chicken
broth

2 tsp sesame oil

2 tsp reduced-salt light soy
sauce

10g spring onions, chopped

Cook the vermicelli according to the package instructions, then drain and set aside.

In a large non-stick pan, heat the cooking oil over medium heat. Add the garlic, ginger, onions and carrots. Stir-fry for 3 minutes until aromatic and slightly tender.

Push the vegetables to one side of the pan. Pour the eggs into the cleared space, scrambling until partially set, then combine with the vegetables.

Add the chicken to the pan. Stir-fry until fully cooked.

Add the cabbage, spinach and chicken broth. Stir well and cook until most of the broth evaporates (about 3 minutes).

Mix in the cooked vermicelli, ensuring it is well combined with the other ingredients. Season with the sesame oil and soy sauce, stirring for an additional minute to distribute the flavours evenly.

Serve warm and garnish with the spring onions.

QUICK TIPS

- This recipe is versatile. You can substitute the chicken with another protein source such as tofu, shrimp or beef, or add vegetables like capsicum, mushrooms or leafy greens for variety.
- For a spicier kick, sprinkle with red pepper flakes or add chopped chilli padi.

Mee Siam

SERVES 4 • TAKES 1 HOUR



BREAKFAST

NUTRIENTS	PER SERVING
Energy	465kcal
Carbohydrate	61.0g
Protein	26.6g
Total Fat	12.5g
Saturated Fat	2.7g
Dietary Fibre	6.9g
Sodium	577mg

For the spice paste

50g red onions, peeled
 28g dried chillies, deseeded, soaked in hot water for 10 minutes then drained
 20g dried shrimp, soaked in hot water for 5 minutes then drained
 4 cloves garlic, peeled

For the gravy

1 tbsp cooking oil
 1 portion spice paste
 10g taucheo (salted fermented soybeans), mashed
 15g tamarind (assam) paste, mixed with 1L water
 2 tsp sugar

For the vermicelli

1 tbsp cooking oil
 1 portion spice paste
 280g fresh shrimp, shelled and deveined
 125ml water
 240g dried brown rice vermicelli, soaked in warm water for 20–30 minutes then drained
 300g bean sprouts

To serve

2 hard-boiled eggs, halved
 20g tofu puffs (tau pok), cut into 1cm pieces, baked at 180°C for 10 minutes
 20g bean sprouts
 chives, chopped (optional)
 4 calamansi limes, halved and deseeded (optional)

Blend the spice paste ingredients, then divide into 2 portions. Set aside.

For the gravy, heat the oil over low heat in a medium-sized pot. Add one portion of the spice paste and stir-fry for 5–10 minutes or until fragrant. Stir in the taucheo, ensuring it is well incorporated with the paste. Pour in the diluted tamarind and mix thoroughly. Add the sugar once the mixture starts to boil. Let the gravy simmer for 2–3 minutes on low heat, then turn off the heat.

In another medium-sized pot, heat the oil over high heat. Add the second portion of the spice paste and stir-fry over low heat for 5–10 minutes or until fragrant. Add the shrimp and water, and stir well. Once the mixture comes to a boil, add the vermicelli and toss to coat the noodles evenly with the spice paste. Add the bean sprouts and cook for an additional 2 minutes before turning off the heat. The fried vermicelli is now ready to serve.

To serve, place a serving of the vermicelli in a bowl. Ladle the gravy over the vermicelli. Top with half an egg, tofu puffs and bean sprouts. Garnish with the chives and a calamansi lime, if desired. Before eating, squeeze the limes over the mee siam.

QUICK TIPS

- Use store-bought vegetarian dried shrimp to make this a vegetarian dish.
- You can substitute the tamarind paste with 1 piece of assam gelugo (tamarind skin).
- Stir-fry the spice paste over low heat and scrape the pan regularly to prevent browning at the bottom.

Spiced Bubur Lambuk

SERVES 2 • TAKES 45 MINUTES



NUTRIENTS	PER SERVING
Energy	342kcal
Carbohydrate	49.3g
Protein	26.1g
Total Fat	4.3g
Saturated Fat	2.2g
Dietary Fibre	4.2g
Sodium	252mg

720ml water
 50g red onions, finely chopped
 2 cloves garlic, finely chopped
 1 lemongrass stalk, bruised
 1 thumb-sized galangal, peeled and finely chopped
 2 pandan leaves, tied into a knot
 ½ cinnamon stick
 1 star anise pod
 6 cloves
 6 cardamom pods, pounded once
 1g cumin seeds

100g basmati rice
 180g boneless, skinless chicken breast, sliced
 salt, to taste
 1g coriander powder
 1g cumin powder
 1g turmeric powder
 1g ground black pepper
 60ml light coconut milk

For the garnish
 shallots, sliced then fried
 spring onions, chopped
 red chilli, chopped

In a medium-sized pot, bring the water to a rolling boil over high heat.

Add the onions, garlic, lemongrass, galangal, pandan leaves, cinnamon, star anise, cloves, cardamom and cumin seeds. Allow the mixture to boil.

Once boiling, add the rice and chicken breast. Bring it back to a boil, then reduce the heat to a simmer for about 10 minutes.

Season with the salt, coriander powder, cumin powder, turmeric powder and black pepper. Stir well to combine.

Reduce the heat further and simmer for about 6 minutes, or until the rice softens and begins to break apart. Add more water as needed to achieve your desired consistency.

Stir in the coconut milk and bring it back to a simmer for 1 more minute.

Garnish with the shallots, spring onions and chilli, if desired.

QUICK TIPS

- While chicken is commonly used, you can substitute it with beef or lamb.
- For a richer flavour, extend the simmering time to allow the spices to infuse more deeply into the dish.



Mixed Fruit Toast with Scrambled Egg

SERVES 1 • TAKES 20 MINUTES



NUTRIENTS	PER SERVING
Energy	349kcal
Carbohydrate	48.6g
Protein	13.0g
Total Fat	12.5g
Saturated Fat	2.4g
Dietary Fibre	7.7g
Sodium	336mg

2 slices wholegrain bread
1 tsp cooking oil
1 egg, beaten

To serve

ground black pepper, to taste
chives, chopped
5 blueberries
1 strawberry, sliced
1/8 kiwi, cubed

Begin by toasting the bread to your preferred level of crispness.

Heat the oil in a non-stick pan over medium heat. Once hot, pour in the egg, stirring constantly for about 15 minutes until softly scrambled.

Serve by gently placing the scrambled egg on the toast. Sprinkle it with black pepper and chives, and arrange the blueberries, strawberries and kiwi on the side.

QUICK TIPS

- Wholegrain bread adds a nutty flavour and is a good source of fibre, supporting digestive health.
- Serve with a side of yoghurt or cottage cheese for added protein and a creamy texture contrast.
- For extra fluffy scrambled eggs, add a splash of milk to the eggs before whisking.
- To achieve softer scrambled eggs, cook over low heat while stirring constantly.

Apple and Banana Hotcakes

MAKES 10 • TAKES 40 MINUTES



NUTRIENTS	PER SERVING
Energy	179kcal
Carbohydrate	34.0g
Protein	6.0g
Total Fat	3.0g
Saturated Fat	1.0g
Dietary Fibre	1.0g
Sodium	126mg

2 eggs
2 cups low-fat milk
3 tsp cooking oil
2 cups self-raising flour
2 tbsp sugar
2 medium-sized apples,
peeled, cored and
grated
2 large ripe bananas, sliced
1 tbsp honey

In a large bowl, beat the eggs with the milk and 2 teaspoons of the oil.

In a separate bowl, mix the flour and sugar, then gradually add to the wet mixture, stirring until smooth. Fold in the apples.

Heat a non-stick pan over low heat and add 1 teaspoon of the oil. Pour in $\frac{1}{4}$ cup of the batter and cook until bubbles form in the centre. Flip and cook until golden brown. Repeat with the remaining batter until all the hotcakes are cooked.

Serve the hotcakes with the banana and drizzled honey.

QUICK TIPS

- You can replace self-raising flour with wholemeal flour, which contains dietary fibre.
- Self-raising flour contains baking powder. If using wholemeal flour, add $\frac{1}{2}$ – $\frac{3}{4}$ teaspoon of baking powder to the mixture.
- For a vegan version, substitute the milk with soy milk, almond milk or another plant-based milk. You can also replace the eggs with a “chia egg”—just mix 1 tablespoon of chia seeds with 2–3 tablespoons of water and let it sit until it forms a gel. Use as needed to achieve the desired consistency.

Banana Walnut Oatmeal

MAKES 4 • TAKES 10 MINUTES



NUTRIENTS	PER SERVING
Energy	305kcal
Carbohydrate	49.0g
Protein	12.0g
Total Fat	7.3g
Saturated Fat	1.1g
Dietary Fibre	6.0g
Sodium	206mg

2 cups low-fat milk, or reduced sugar or unsweetened soy milk
a pinch of salt
3 cups water
2 cups quick cooking or rolled oats
2 small ripe bananas, mashed
2 tbsp walnuts, broken into small pieces
2 tbsp raisins (optional)
2 tbsp honey or maple syrup (optional)

In a small saucepan, combine the milk, salt and water. Heat until steaming hot but not boiling.

Add the oats and cook, stirring until creamy.

Remove the saucepan from the heat and stir in the bananas and walnuts. Add the raisins and honey or maple syrup, if desired.

Divide into 4 bowls and serve.

QUICK TIPS

- Steel-cut oats provide a chewier texture compared to rolled oats but take longer to cook. Adjust the liquid and cooking time accordingly.
- You can substitute raisins and walnuts with other dried fruits or nuts.
- This recipe is packed with healthy whole grains that help keep your appetite under control.

Quinoa Cereal

SERVES 4 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	353kcal
Carbohydrate	48.5g
Protein	16.0g
Total Fat	11.0g
Saturated Fat	2.0g
Dietary Fibre	5.0g
Sodium	105mg

500ml reduced sugar or unsweetened soy milk
180g quinoa
2 tsp sugar or honey
1 tsp cinnamon powder
250g plain low-fat yoghurt
1 cup fresh fruit
50g almonds, thinly sliced

In a small saucepan, bring the soy milk to a boil.

Add the quinoa, reduce the heat to low and cover. Simmer for about 15 minutes or until $\frac{3}{4}$ of the soy milk has been absorbed.

Stir in the sugar or honey and cinnamon. Cover and cook for 8 minutes or until almost all the soy milk is absorbed.

Stir in the yoghurt, fruit and almonds, and cook for 30 seconds.

QUICK TIPS

- Quinoa is a seed with a nutrient profile similar to grains. It's rich in protein, beneficial unsaturated fats and carbohydrates.
- Add a tablespoon of chia seeds or flaxseeds for an extra boost of omega-3 fatty acids and fibre.
- Top with a tablespoon of Greek yoghurt for added protein and a creamier texture.
- Using unsweetened soy milk or plain low-fat yoghurt helps to reduce added sugars and lower overall calorie intake.

Savoury Oats with Egg

SERVES 1 • TAKES 20 MINUTES



NUTRIENTS	PER SERVING
Energy	287kcal
Carbohydrate	27.5g
Protein	17.0g
Total Fat	12.0g
Saturated Fat	1.7g
Dietary Fibre	4.0g
Sodium	310mg

1 cup water
6 tbsp rolled oats
1 egg
1 slice reduced-fat cheese
spring onions, chopped
salt, to taste
ground black pepper, to taste

In a small saucepan, bring the water to a boil.

Add the oats, stir and reduce the heat. Simmer until 90% of the water is absorbed or until soft.

Crack in the egg and simmer until cooked.

Serve the oatmeal in a bowl, topped with the cheese and spring onions.

Sprinkle with the salt and pepper.

QUICK TIPS

- This recipe is packed with healthy whole grains that help control appetite.
- Top with a tablespoon of nuts, a few slices of avocado or a sprinkle of chia seeds to incorporate healthy fats and make the meal more satisfying.

Cold Creamy Oats

SERVES 3 • TAKES 5 MINUTES



NUTRIENTS	PER SERVING
Energy	227kcal
Carbohydrate	22.8g
Protein	9.2g
Total Fat	9.6g
Saturated Fat	2.0g
Dietary Fibre	3.2g
Sodium	83mg

3 tbsp rolled oats
½ cup walnuts, chopped
1 tbsp chia seeds
2 tbsp raisins
1 tbsp dried cranberries
⅓ cup low-fat milk
300g plain low-fat yoghurt

Combine all the dry ingredients in a jar or container with a tight lid.

Add the milk and yoghurt to the dry mixture and mix well.

Cover with the lid and refrigerate overnight.

Serve cold.

QUICK TIPS

- Top with fresh berries or banana or apple slices for added vitamins and natural sweetness.
- For a vegan option, use unsweetened almond milk, soy milk or oat milk instead of low-fat milk, and vegan yoghurt instead of dairy-based yoghurt.

Honey Nut Granola Yoghurt

SERVES 6 • TAKES 25 MINUTES



NUTRIENTS	PER SERVING
Energy	302kcal
Carbohydrate	44.0g
Protein	16.0g
Total Fat	7.8g
Saturated Fat	1.3g
Dietary Fibre	3.8g
Sodium	130mg

1 cup rolled oats
¼ cup almonds
¼ cup cashews
¼ cup raisins or any other dried fruit
2 tbsp honey
1 tsp vanilla extract
½ tsp cinnamon powder
cooking spray or cooking oil, for greasing
1kg plain low-fat yoghurt

Preheat oven to 180°C.

In a bowl, combine the oats, almonds, cashews and raisins.

Stir in the honey, vanilla extract and cinnamon to coat the dry ingredients well.

Line a baking sheet with aluminium foil and lightly spray or brush with oil. Spread the granola mixture evenly in the sheet.

Bake for 15–20 minutes, tossing halfway to prevent burning.

Serve by adding about 3 tablespoons (50g) of the granola to ⅔ cup (165g) of the yoghurt.

QUICK TIPS

- Add other dried or fresh fruits for variety.
- For extra crunch and nutrients, toss in a handful of sunflower or pumpkin seeds before baking.
- Chia seeds can also be used—soak them in yoghurt for 15–20 minutes before mixing them with the granola.
- For a lower sugar option, use mashed bananas or unsweetened apple sauce instead of honey to naturally sweeten the granola.



Red Poha Upma

SERVES 3 • TAKES 25 MINUTES



NUTRIENTS	PER SERVING
Energy	245kcal
Carbohydrate	36.0g
Protein	8.0g
Total Fat	8.0g
Saturated Fat	1.0g
Dietary Fibre	6.0g
Sodium	192mg

100g red poha (parched rice),
soaked for 5 minutes

1 tbsp cooking oil

½ tsp mustard seeds

4 tsp chana dal (split chickpea)

2 tsp urad dal (black gram)

2-3 fresh green or red chillies,
sliced

1 sprig curry leaves

50g broccoli, cut into small
florets

½ yellow or red onion, chopped

¼ tsp salt

15g peanuts, roasted

Rinse the poha and drain immediately.

Heat the oil in a pan over medium heat, then add the mustard seeds, chana dal, urad dal, chillies and curry leaves. Sauté until the dal turns golden brown.

Add the broccoli and onion. Sauté until soft.

Stir in the poha and salt. Simmer for 2-5 minutes.

Once cooked, add the roasted peanuts and serve hot.

QUICK TIPS

- Feel free to add other vegetables based on your preference.
- For a protein boost, add a handful of cooked chickpeas or tofu cubes.



Wholegrain Omelette

SERVES 2 • TAKES 20 MINUTES



NUTRIENTS	PER SERVING
Energy	373kcal
Carbohydrate	48.0g
Protein	17.8g
Total Fat	10.0g
Saturated Fat	4.5g
Dietary Fibre	4.6g
Sodium	337mg

¼ cup rolled oats
½ cup water
2 eggs
a pinch of salt
ground black pepper, to taste
½ tbsp canola oil
¼ yellow or red onion, chopped
¼ green capsicum, diced
6 canned mushrooms,
chopped
¼ tomato, chopped
½ red chilli, thinly sliced

For the garnish
fresh coriander, chopped

Cook the rolled oats in water over medium heat for about 5 minutes, then drain any excess water.

Beat the eggs and season with the salt and pepper.

Heat the oil in a non-stick pan over medium heat, then stir-fry the onion until soft. Add the green capsicum, mushrooms, tomato and red chilli, and stir-fry for 1-2 minutes.

Add the stir-fried ingredients and cooked oats to the beaten eggs and mix well.

Pour ½ of the mixture into a greased non-stick pan. Flip the omelette when the egg is about 90% set, then cook until done. Repeat for the other ½ of the mixture.

Garnish with the coriander and serve hot.

QUICK TIPS

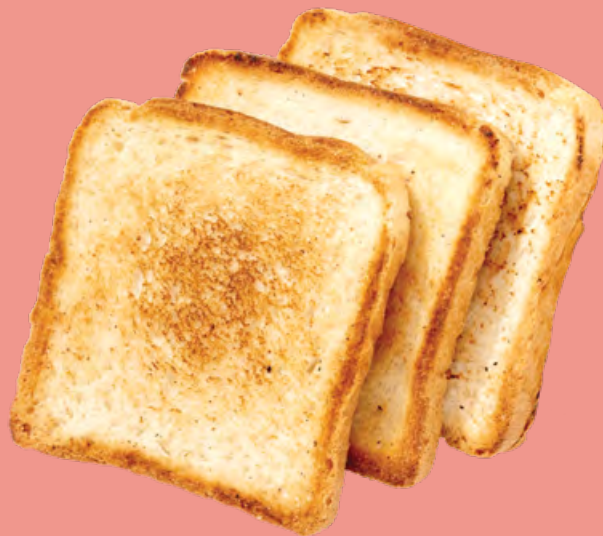
- Substitute canned mushrooms with fresh button mushrooms.
- Vegetables like baby spinach can also be added for extra dietary fibre.
- For an alternative cooking method, place the omelette in an oven at 160°C for about 1 minute to finish cooking without flipping.

“I’ve been an avid cook since I was young, inspired by the talented cooks around me—my neighbour ran a coffee shop, and my mum and aunt were wonderful cooks. I love experimenting with Asian recipes, especially curries and dishes with sour and spicy flavours. If I enjoy a dish when eating out, I’ll try to recreate it at home. A cookbook focusing on healthy recipes is a great guideline, especially for those new to cooking. My background as a pastor and counsellor, particularly working with cancer patients, has shown me the crucial role of a healthy lifestyle. Being pre-diabetic myself, I’ve learnt to adjust my diet. I’ve switched from ‘kopi siu dai’ (coffee with less sugar) to ‘kopi o kosong’ (black coffee without sugar), reduced oil and salt, and even grind my own rock sugar instead of using processed white sugar. Cooking at home gives me the freedom to make dishes healthier and more nutritious. I can customise recipes to meet my needs, like adding eggs or milk for extra protein. Even something as simple as choosing the right oil can make a big difference. For me, cooking is more than just nutrition—it’s a hobby that brings satisfaction and joy. I love serving good food to people; it’s a wonderful way to fellowship.”

Louisa Hong KC

Pastor & counsellor

Wraps and Sandwiches





Lemon Herb Chicken Tacos

SERVES 6 • TAKES 1 HOUR 30 MINUTES



NUTRIENTS	PER SERVING
Energy	200kcal
Carbohydrate	26.9g
Protein	15.9g
Total Fat	3.2g
Saturated Fat	0.3g
Dietary Fibre	2.5g
Sodium	241mg

For the chicken

2 tsp cooking oil
45ml lemon juice
3 tsp dried oregano
salt, to taste
ground black pepper, to taste
300g boneless, skinless
chicken breasts, cubed

To serve

6 taco shells
150g lettuce, shredded
100g salsa (home-made or
store-bought)

In a bowl, combine the oil, lemon juice, oregano, salt and pepper to make a marinade.

Add the chicken to the marinade, ensuring they are well coated. Marinate for 1 hour.

Heat a skillet over medium heat with a splash of the oil. Stir-fry the marinated chicken until cooked through.

Warm the taco shells using a skillet, oven or microwave.

Layer each taco shell with the lettuce, followed by the chicken.

Top with the salsa and arrange the tacos on a plate. Serve immediately.

QUICK TIPS

- Marinating the chicken enhances its tenderness and flavour.
- Add diced avocados or a sprinkle of cheese to the taco for variety and extra richness.
- Use wholewheat or corn tortillas to increase dietary fibre for a healthier option.



Spiced Herb Chicken Bánh Mì

SERVES 4 • TAKES 1 HOUR 15 MINUTES



NUTRIENTS	PER SERVING
Energy	337kcal
Carbohydrate	37.5g
Protein	29.8g
Total Fat	7.8g
Saturated Fat	1.0g
Dietary Fibre	3.6g
Sodium	446mg

For the spiced herb chicken filling

1½ tbsp cooking oil
6g smoked paprika
4g dried oregano
3g dried thyme
3g dried rosemary
3g dried basil
400g boneless, skinless chicken breasts, sliced

To serve

½ medium carrot, julienned
30g daikon radish, julienned
1 long baguette
½ cucumber, sliced
20g fresh coriander leaves

Combine the oil, paprika, oregano, thyme, rosemary and basil in a bowl. Marinate the chicken in this mixture for 1 hour.

Heat a skillet over medium heat and add a splash of oil. Cook the chicken until fully cooked and browned.

Blanch the carrots and radish until soft. Drain well.

Cut the baguette into 4 equal pieces and slice each piece lengthwise, without cutting through completely.

Warm the baguette pieces in an oven or skillet.

Assemble the bánh mì by layering the cooked chicken, cucumber slices, blanched vegetables and coriander inside the baguette. Serve immediately.

QUICK TIPS

- Substitute the baguette with wholegrain wraps for a healthier option.
- Preheating the skillet ensures a better sear on the chicken.
- For a vegetarian twist, substitute the chicken with marinated tau kwa or tempeh, mashing them slightly before marinating to enhance flavour absorption.

Tuna Sandwiches

SERVES 2 • TAKES 10 MINUTES



NUTRIENTS	PER SERVING
Energy	350kcal
Carbohydrate	38.0g
Protein	21.0g
Total Fat	13.0g
Saturated Fat	2.0g
Dietary Fibre	10.0g
Sodium	436mg

- 1 small avocado
- 1 tbsp sweet chilli sauce
- 4 slices wholegrain bread
- 4 lettuce leaves
- 1 can tuna flakes in water, drained
- 1 Japanese cucumber, sliced
- 1 tomato, sliced

In a small bowl, mash the avocado with a fork and mix it with the sweet chilli sauce until almost smooth.

Lightly toast the wholegrain bread, if desired.

Spread the avocado mixture evenly onto the bread slices.

Layer with the lettuce leaves, followed by the tuna, cucumber and tomato slices on a slice of the bread. Top with another slice of bread to complete the sandwich.

Serve the sandwiches with the remaining vegetables on the side as a salad.

QUICK TIPS

- Substitute cherry tomatoes, spinach or sprouts for the tomato slices if preferred.
- Mix the tuna with a spoonful of Greek yoghurt to add creaminess and a protein boost.
- Add fresh herbs like dill, Italian parsley or basil to the avocado spread for an extra burst of flavour and nutrients.

Avocado Salsa Tacos

SERVES 4 • TAKES 20 MINUTES



NUTRIENTS	PER SERVING
Energy	437kcal
Carbohydrate	33.8g
Protein	5.5g
Total Fat	32.8g
Saturated Fat	5.6g
Dietary Fibre	9.3g
Sodium	111mg

3 medium avocados
4 tbsp lemon juice
3 cloves garlic, chopped
7 medium tomatoes, diced
8 shallots, chopped
fresh coriander, chopped
3 tbsp cooking oil
a pinch of salt
a pinch of black pepper
8 taco shells

Halve the avocados, remove the seeds and rub the cut surfaces with a small amount of lemon juice to prevent browning. Reassemble the halves temporarily.

In a large mixing bowl, combine the garlic, tomatoes, shallots and coriander. Dice the avocados and add them to the mixture.

In a separate bowl, whisk together the oil, lemon juice, salt and pepper. Pour this dressing over the chopped ingredients and mix well. Chill the mixture.

Warm the taco shells using a skillet, oven or microwave.

Serve the chilled avocado mixture in the warmed taco shells.

QUICK TIPS

- Avocados are rich in monounsaturated fats, which offer protection against heart disease and help lower blood pressure.
- For a spicy kick, add finely chopped jalapeños or a dash of hot sauce.
- For extra crunch, incorporate chopped capsicums or shredded lettuce.
- To achieve a creamier filling, mash the avocados slightly before mixing them with the other ingredients.

Tofu Wraps

SERVES 4 • TAKES 25 MINUTES



NUTRIENTS	PER SERVING
Energy	212kcal
Carbohydrate	30.0g
Protein	11.0g
Total Fat	6.0g
Saturated Fat	1.0g
Dietary Fibre	4.0g
Sodium	260mg

For the patties

150g tau kwa, mashed
¼ cup instant oats
1 tbsp peanut butter
1 clove garlic, crushed
3 stalks spring onions,
chopped
½ tbsp fresh coriander,
chopped
½ tbsp chilli sauce
½ tbsp reduced-salt light soy
sauce
a pinch of black pepper

½ tsp cooking oil

To serve

4 wholemeal wraps
2 lettuce leaves, shredded
1 tomato, sliced
¼ cucumber, sliced

Combine the tau kwa with all the patty ingredients in a bowl, mixing thoroughly. Shape the mixture into 8 patties.

Lightly oil a pan and cook the patties over medium heat until golden brown on both sides.

Assemble the wraps by layering each with the lettuce, tomato and cucumber. Place 2 patties in each wrap and serve.

QUICK TIPS

- Replace wholemeal wraps with wholemeal burger buns for a different presentation.
- Add a squeeze of lime juice to the patty mixture for a tangy twist.
- Enhance creaminess by including avocado slices or a spread of hummus in the wrap.

Salmon Wraps with Curried Mayonnaise

SERVES 3 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	499kcal
Carbohydrate	43.0g
Protein	20.7g
Total Fat	28.0g
Saturated Fat	6.7g
Dietary Fibre	3.8g
Sodium	581mg

100g mayonnaise
10g curry fish powder
5ml lemon juice
1.5g sugar (optional)
1 tsp cooking oil
200g salmon fillet
4 large brown mushrooms,
sliced
½ yellow onion, cut into strips
wholemeal wraps
4 lettuce leaves
2 tomatoes, sliced
8 thin slices cucumber

In a bowl, whisk together the mayonnaise, curry fish powder, lemon juice and sugar (if using) until smooth.

Heat the oil in a non-stick pan over medium heat. Pan-fry the salmon with the skin side down. Flip it when halfway cooked. Once the thickest part is nearly cooked through, remove from the heat, discard the skin and break the salmon into large chunks.

Using the same pan, sauté the mushrooms and onion until soft. Add the salmon back to the pan and sauté lightly with the mushrooms and onion. Remove from the heat.

Lay a wrap flat on a clean surface and make a slit from the centre to the edge. Spread the curried mayonnaise thinly over 1 quarter. Arrange the lettuce, tomatoes and cucumber in the second quarter. Place the salmon, mushrooms and onions in the third quarter.

Fold each quarter onto the next to create a layered wrap. Toast the wrap in the oven for 5 minutes and serve warm.

QUICK TIPS

- Swap wraps for wholemeal bread or wholegrain burger buns if preferred.
- Substitute salmon with other proteins like chopped hard-boiled eggs, tuna chunks or grilled chicken breast for variety.

“Since being diagnosed with hypertension, I’ve become more mindful of my eating habits. Cooking at home lets me control ingredients, especially salt. I’ve learnt to substitute herbs for salt, which not only makes dishes healthier but adds wonderful flavour. Even as an experienced cook, the variety in these recipes is helpful. It’s a great starting point that offers room for creativity. The Hearty Red Fried Rice recipe (page 47) was a delightful surprise—I usually use basmati, but here, I could taste each grain distinctly. I love adding colour to my meals, so I tossed in some snow peas and mint from my garden. These little touches keep cooking exciting and nutritious. For me, cooking is an art form, and I find it therapeutic. I often encourage my friends as well, saying that cooking isn’t just a chore—it’s how we nourish ourselves. Being able to use it to manage your health makes it all the more rewarding.”

Priscilla Kumari

Executive

One-Pot Meals





Hearty Red Fried Rice

SERVES 4 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	413kcal
Carbohydrate	48.5g
Protein	26.3g
Total Fat	11.7g
Saturated Fat	2.5g
Dietary Fibre	7.2g
Sodium	461mg

1 tbsp cooking oil
280g boneless, skinless
chicken breast, cubed
salt, to taste
ground white pepper, to taste
1 large yellow onion, finely
chopped
2 medium carrots, cubed
600g cooked red rice,
refrigerated overnight
2 eggs, scrambled
120g frozen peas
1 tbsp reduced-salt soy sauce
2 tsp sesame oil

For the garnish
spring onions, chopped

Heat 2 teaspoons of cooking oil in a large wok or pan over medium-high heat.

Add the chicken, season with salt and pepper, and sauté for about 4–5 minutes until browned and cooked through. Transfer the chicken to a plate and cover to keep warm.

Heat the remaining oil in the same pan. Sauté the onion and carrots for 3–5 minutes until softened.

Add the cooked rice, chicken, scrambled eggs and frozen peas, mixing well.

Stir in the soy sauce and sesame oil. Mix gently until everything is evenly coated and heated through.

Garnish with the spring onions before serving.

QUICK TIPS

- Substitute chicken with other protein sources such as tofu, shrimp or another meat for variety.
- Add other vegetables like mushrooms, long beans, cabbage or corn for extra fibre and nutrients.
- Brown rice can be a great alternative to red rice. Both are whole, unpolished rice varieties that retain the bran layer, offering similar fibre and nutritional benefits.



Sesame Claypot Chicken Rice

SERVES 2 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	482kcal
Carbohydrate	60.0g
Protein	27.5g
Total Fat	14.6g
Saturated Fat	2.4g
Dietary Fibre	1.4g
Sodium	447mg

5 tsp sesame oil
1 thumb-sized ginger, peeled and minced
180g boneless, skinless chicken breast, cubed
4 cloves garlic, minced
130g white rice
1 tbsp oyster sauce
2 tsp dark soy sauce
180ml water
100g fresh shiitake mushrooms, sliced
100g Chinese cabbage, cut into strips

For the garnish

10g spring onions, chopped
red chilli, sliced into thin strips

Heat the sesame oil in a medium-sized claypot over medium heat. Add the ginger and fry until fragrant.

Add the chicken breast and garlic. Stir-fry until the chicken turns golden brown.

Mix in the rice, oyster sauce and dark soy sauce. Stir for 2 minutes.

Pour in the water and add the shiitake mushrooms and Chinese cabbage. Cover the pot and simmer over low-medium heat for 15 minutes, or until the rice is tender and fully cooked.

Spoon the sesame claypot chicken and rice into serving bowls. Garnish with the spring onions and red chilli before serving.

QUICK TIPS

- Consider using brown rice or basmati rice. Ensure the rice is evenly spread in the pot for uniform cooking, and adjust the water based on the type of rice used.
- For a crunchier texture, add the cabbage around 12 minutes into the 15-minute simmering time.
- If a claypot is unavailable, use a rice cooker or any other pot.
- Feel free to add or substitute vegetables based on your preference or availability.

Bee Hoon Soto

SERVES 2 • TAKES 50 MINUTES



NUTRIENTS	PER SERVING
Energy	395kcal
Carbohydrate	48g
Protein	28.2g
Total Fat	9.5g
Saturated Fat	1.7g
Dietary Fibre	8.4g
Sodium	460mg

For the paste

1 red onion, chopped
 2 cloves garlic, peeled
 ¼ thumb-sized ginger, peeled
 2 tbsp water
 2 tsp coriander seeds
 2 tsp cumin
 2 tsp turmeric powder

For the soto

2 tsp cooking oil
 1 star anise pod
 2 cloves
 2 cardamom pods
 ½ cinnamon stick
 ½ lemongrass stalk, bruised
 380ml water
 180g boneless, skinless
 chicken breast, sliced

salt, to taste

ground white pepper, to taste
 200g laksa bee hoon
 200g bean sprouts

To serve

red chilli, chopped
 hard-boiled egg, halved
 calamansi lime, halved
 spring onions, chopped

In a blender, pulse the paste ingredients until smooth.

Heat the oil in a pot over medium heat. Add the star anise, cloves, cardamom, cinnamon and lemongrass. Sauté until fragrant.

Add the blended paste into the pot and sauté for 5 minutes until fragrant.

Pour in the water and bring to a boil. Once boiling, reduce the heat to medium-low and simmer for 10 minutes with the lid on.

Add the chicken to the pot. Once the chicken is cooked through, season the broth with the salt and pepper. Turn off the heat and set aside.

Blanch the laksa bee hoon and bean sprouts in a separate pot.

To serve, place the noodles and bean sprouts in a bowl, ladle the aromatic soup over them, and top with the chicken, chilli, half an egg, calamansi lime and spring onions.

QUICK TIPS

- For easier blending, add a little water or oil to help combine the spices.
- For more flavour, replace water with home-made or reduced sodium chicken broth.
- Opt for brown rice vermicelli to increase fibre content.
- Substitute bean sprouts with your preferred vegetables.



Mixed Brown Rice Nasi Lemak

SERVES 2 • TAKES 40 MINUTES



NUTRIENTS	PER SERVING
Energy	357kcal
Carbohydrate	56.6g
Protein	15.8g
Total Fat	7.5g
Saturated Fat	3.2g
Dietary Fibre	2.9g
Sodium	551mg

For the coconut rice

150g mixed brown and red rice

180ml water

60ml light coconut milk

2 pandan leaves, knotted
a pinch of salt

To serve

2 hard-boiled eggs, halved

20g dried ikan bilis

10 cucumber slices

10g sambal chilli

red chilli, thinly sliced or
shaped into a flower
(optional)

In a rice cooker, combine the brown rice mix, water, coconut milk, pandan leaves and salt. Cook until the rice is tender and has absorbed all the liquid.

In a small pan, roast the dried ikan bilis over medium heat without oil. Stir occasionally for about 3–5 minutes until crispy and golden brown.

To assemble, remove the pandan leaves from the rice and scoop a serving onto a plate or bowl.

Arrange the boiled eggs, cucumber slices and roasted ikan bilis around the rice.

Spoon the sambal onto the dish according to your spice preference, either over the rice or on the side. Garnish with red chilli, if desired.

QUICK TIPS

- Light coconut milk reduces the overall fat and calorie content without significantly compromising flavour.
- Add peanuts for extra crunch and protein.
- Dry-roasting ikan bilis without oil is a healthier cooking method, reducing the amount of added fats.
- Rinse the ikan bilis before roasting to reduce sodium content.



Nasi Goreng

SERVES 2 • TAKES 20 MINUTES



NUTRIENTS	PER SERVING
Energy	488kcal
Carbohydrate	56.0g
Protein	31.3g
Total Fat	14.8g
Saturated Fat	3.4g
Dietary Fibre	4.5g
Sodium	312mg

3 tsp cooking oil
2 eggs, beaten
2 cloves garlic, finely chopped
6 shallots, finely chopped
50g carrot, cubed
50g long bean, chopped
35g green peas
1 red chilli, finely diced
1 chilli padi, chopped
150g boneless, skinless chicken breast, cubed
300g cooked basmati rice
1 tsp kecap manis (sweet soy sauce)
1 tsp tomato puree
1 tsp reduced-salt light soy sauce
10g spring onions, chopped

In a medium-sized wok, heat $\frac{1}{2}$ of the oil over high heat for 1 minute. Scramble the eggs, remove and set it aside.

In the same wok, heat the remaining oil over high heat.

Add the garlic, shallots, carrot, long bean, green peas, red chilli and chilli padi. Stir-fry for 2 minutes or until soft.

Add and stir-fry the chicken for 4–5 minutes or until it is fully cooked through.

Add the cooked basmati rice, kecap manis, tomato puree and light soy sauce. Stir-fry until evenly mixed.

Transfer the nasi goreng to a serving bowl and garnish with the spring onions and scrambled eggs.

QUICK TIPS

- Use brown rice for added fibre and a nuttier flavour, adjusting the cooking time and water accordingly.
- Swap in your favourite vegetables or whatever is available.
- Add a splash of lime or lemon juice before serving for a tangy twist.



Fusion Seafood Pasta

SERVES 2 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	452kcal
Carbohydrate	57.5g
Protein	35.0g
Total Fat	11.1g
Saturated Fat	0.4g
Dietary Fibre	8.3g
Sodium	348mg

130g wholewheat linguine pasta
1 tbsp cooking oil
5 cloves garlic, finely minced
100g prawns, shelled and deveined
80g fish, cut into pieces
80g squid rings
150g cherry tomatoes, halved
50g English spinach, chopped
1 tsp Italian or mixed herbs (oregano, thyme and rosemary)
3 tsp lemon juice
salt, to taste
ground black pepper, to taste

For the garnish

fresh English or Italian parsley, chopped

Cook the pasta according to the package instructions. Drain and set aside.

Heat the oil in a large skillet over medium heat. Add the garlic and sauté until fragrant.

Add the prawns, fish and squid and cook until opaque and fully cooked.

Add the cherry tomatoes and spinach. Cook for 2–3 minutes until the vegetables are slightly softened.

Season with the herbs, lemon juice, salt and pepper. Adjust the seasoning to your taste.

Toss in the cooked pasta, mixing thoroughly until evenly coated.

Transfer to plates, garnish with the parsley and serve.

QUICK TIPS

- Swap wholewheat linguini for other pasta varieties such as penne, spaghetti or fusilli. Wholewheat options add fibre and nutrients.
- Customise the seafood (like shrimp, scallops or squid) and vegetables to match your taste or what's in season.



Korean Bibimbap

SERVES 2 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	484kcal
Carbohydrate	66.4g
Protein	22.4g
Total Fat	14.3g
Saturated Fat	3.9g
Dietary Fibre	2.0g
Sodium	444mg

For the rice

90g minced beef
2 cloves garlic, minced
1 tsp sesame oil
½ tsp reduced-salt light soy sauce
10g spring onions, chopped
50g shiitake mushrooms, sliced
40g carrot, julienned
2 eggs
40g bean sprouts
50g Chinese spinach
420g cooked white rice

For the sauce

1½ tbsp gochujang (Korean red chilli paste)
1 tsp sesame oil
1 tsp water

For the garnish

white sesame seeds, lightly toasted
spring onions, chopped

Mix the beef, garlic, sesame oil and soy sauce in a bowl. Marinate for 20 minutes.

In a medium-sized non-stick pan, sauté the spring onions, mushrooms and carrot until soft. Set aside.

Using the same pan, stir-fry the marinated minced beef until fully cooked. Set aside.

In the same pan, fry the eggs to your preferred style (e.g., sunny side up or scrambled). Set aside.

Bring a pot of water to a boil. Blanch the bean sprouts and spinach separately for 1 minute each. Drain and set aside.

Place the cooked rice in a serving bowl. Arrange the mushrooms, carrot, beef, eggs, bean sprouts and spinach on top of the rice.

Combine the sauce ingredients in a small bowl and drizzle over the toppings. Garnish with the sesame seeds and spring onions. Serve and mix well before eating.

QUICK TIPS

- Swap white rice with brown rice or other whole grains for added fibre and nutrients.
- Substitute minced beef with lean cuts of beef or with tofu for a vegetarian option to lower fat content and increase protein diversity.
- Incorporate a variety of vegetables for a broader range of vitamins, minerals and antioxidants. Aim for colourful toppings for a nutrient-rich meal.



Pad Thai-Inspired Kway Teow

SERVES 2 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	434kcal
Carbohydrate	52.9g
Protein	22.2g
Total Fat	14.8g
Saturated Fat	2.9g
Dietary Fibre	4.0g
Sodium	509mg

250g kway teow noodle
2 tsp brown sugar
5g tamarind (assam) paste
1½ tsp fish sauce
60g bean sprouts
60g carrot, julienned
3 tsp cooking oil
2 cloves garlic, finely chopped
1 shallot, finely chopped
130g boneless, skinless chicken breast, sliced
2 eggs
60g chives, cut into 3cm lengths
50g tau kwa, cubed and baked at 180°C for 8 minutes

For the garnish

shallots, cut into rings
peanuts, toasted and crushed
fresh coriander
zest of key lime
calamansi lime, halved

Cook the kway teow according to the package instructions. Drain and set aside.

In a small bowl, combine the brown sugar, tamarind paste and fish sauce. Stir well to create the pad thai sauce.

Blanch the bean sprouts and carrot, then drain and set aside.

Heat a non-stick pan over medium-high heat. Add ½ of the oil, then the garlic and shallot. Sauté until slightly golden brown. Add the chicken and cook through.

Push the chicken to one side, add the remaining oil and crack the eggs into the pan. Scramble them, then stir in the kway teow. Mix well.

Add the chives, blanched bean sprouts and carrots, tau kwa and pad thai sauce. Stir everything together and heat until fragrant.

Transfer to plates and garnish with the shallots, peanuts, coriander and lime zest on top of the kway teow. Serve with the calamansi lime halves on the side.

QUICK TIPS

- Use a fine grater to zest only the green part of the key lime, avoiding the bitter white pith.
- Substitute the chicken with shrimp, tau kwa or beef, to suit your dietary preferences.

Apple Seafood Fried Rice

SERVES 2 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	481kcal
Carbohydrate	60.2g
Protein	21.3g
Total Fat	18.0g
Saturated Fat	3.1g
Dietary Fibre	6.8g
Sodium	564mg

1 tbsp cooking oil
6 prawns, shelled and deveined
1 yellow onion, sliced
½ cup mixed frozen vegetables, thawed
300g cooked brown rice, refrigerated overnight
2 eggs
1 apple, cored and cubed
200–230g tau kwa, cubed
1 tsp sesame oil
a pinch of salt
a pinch of pepper

Heat a non-stick wok with the cooking oil. Fry the prawns until they turn pink, then set aside.

Add the onion to the wok and fry until golden brown.

Add the mixed frozen vegetables and stir-fry for a few minutes.

Loosen the cooked rice and add it to the wok.

Push the rice to the side and scramble the eggs in the wok. Mix the eggs with the rice.

Stir in the apple, tau kwa, prawns and sesame oil. Mix well.

Fry the rice mixture over medium heat for 2–3 minutes. Season with salt and pepper.

QUICK TIPS

- For a tangier flavour, try using green apples instead of sweet varieties.
- Substitute prawns with other proteins like tofu or paneer to suit different dietary preferences.

Chicken and Vegetable Stew

SERVES 4 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	481kcal
Carbohydrate	60.2g
Protein	21.3g
Total Fat	18.0g
Saturated Fat	3.1g
Dietary Fibre	6.8g
Sodium	564mg

2 tsp cooking oil
1 shallot, chopped
2 cloves garlic, minced
400g boneless, skinless
chicken breast, cut into
bite-sized pieces
600ml water
1 cauliflower, cut into florets
2 medium carrots, diced
2 celery stalks, diced
4 tomatoes, cut into chunks
a pinch of chilli flakes or fresh
chilli
1 tbsp fresh coriander,
chopped
500g cooked brown rice

Heat the oil in a large saucepan over medium heat. Sauté the shallot and garlic for 1 minute.

Add the chicken and cook until browned.

In a separate pot, bring the water to a boil, then add the cauliflower, carrots, celery and tomatoes. Simmer on low heat for 5-10 minutes, stirring occasionally. Add the cooked chicken, shallot and garlic.

Add the chilli flakes or fresh chilli, and stir in the chopped coriander before serving.

Serve the stew with brown rice on the side, or stir the brown rice into the stew before serving.

QUICK TIPS

- For a richer flavour, substitute water with home-made or reduced-sodium chicken stock when simmering the stew.
- Serving this stew with brown rice not only adds a nutty flavour but also increases dietary fibre, which supports heart health.

Colourful Cold Soba

SERVES 4 • TAKES 15 MINUTES



NUTRIENTS	PER SERVING
Energy	418kcal
Carbohydrate	32.0g
Protein	32.0g
Total Fat	5.7g
Saturated Fat	1.2g
Dietary Fibre	5.0g
Sodium	1050mg

250g soba noodles
250g boneless, skinless
chicken breast, grilled, or
2 cans tuna in water or oil,
drained
3 capsicums, cubed
2 Japanese cucumbers, cubed
3 tomatoes, cut into wedges
1½ cup small romaine lettuce,
shredded

For the dressing

3 tbsp rice vinegar
2 tbsp reduced-salt light soy
sauce
1 tsp honey or sugar
2 tsp sesame oil
a pinch of ground black pepper
a pinch of mixed Italian herbs

Boil the soba noodles according to the package instructions until al dente. Drain, cover and refrigerate.

Prepare the other main ingredients and mix them with the dressing ingredients in a large bowl.

Add the soba noodles to the bowl and toss until everything is well combined.

Serve the soba on a plate.

QUICK TIPS

- Customise the dressing by adding lime juice for acidity, wasabi or chilli flakes for heat, or peanut butter for creaminess and depth.
- Soba noodles are made from buckwheat, which is a good source of nutrients and dietary fibre.
- Including a variety of colourful vegetables not only makes the dish visually appealing but also provides a range of vitamins and antioxidants.

Creamy Pumpkin Bake

SERVES 4 • TAKES 40 MINUTES



NUTRIENTS	PER SERVING
Energy	330kcal
Carbohydrate	34.0g
Protein	23.0g
Total Fat	10.8g
Saturated Fat	3.7g
Dietary Fibre	3.5g
Sodium	366mg

cooking oil, for greasing
400g butternut pumpkin,
peeled and chopped
4 cups white button
mushrooms, sliced
1 medium white onion, finely
chopped
200g reduced-fat ricotta or
cottage cheese
½ cup low-fat milk
4 eggs
4 instant lasagne sheets
¼ cup Parmesan or mozzarella
cheese, grated
4 cups mixed salad leaves

For the garnish

4 stalks spring onions, finely
chopped
2 tbsp sunflower seeds,
pumpkin seeds and pine
nuts

Preheat the oven to 180°C and lightly grease a baking tray with the oil.

Steam or microwave the pumpkin until tender, then roughly mash.

Stir-fry the mushrooms and onion over medium heat until soft. Combine with the pumpkin, mix well and set aside.

In a large bowl, mix the ricotta, milk and eggs well.

Spread ½ of the pumpkin mixture at the base of a baking dish and cover with 2 lasagne sheets. Add the remaining pumpkin mixture and 2 tablespoons of ricotta cheese sauce, then cover with another 2 lasagne sheets. Top with the rest of the ricotta cheese sauce, and grated Parmesan or mozzarella.

Sprinkle with the spring onions or mixed seeds, if desired.

Bake for 25 minutes or until golden brown and bubbling. Serve with salad leaves.

QUICK TIPS

- Blend the pumpkin into a smooth puree for a creamier lasagne texture.
- Use reduced-fat cheese and low-fat milk to lower the overall calorie and fat content without compromising on taste.

Fish Fusilli Soup

SERVES 2 • TAKES 15 MINUTES



NUTRIENTS	PER SERVING
Energy	355kcal
Carbohydrate	39.0g
Protein	33.0g
Total Fat	8.0g
Saturated Fat	1.4g
Dietary Fibre	4.5g
Sodium	97mg

100g wholewheat fusilli
200ml reduced-salt chicken
broth
150ml water
200g fish fillet, thinly sliced
½ cup bean sprouts
1 cup English spinach, finely
chopped
a pinch of ground black pepper
1 tsp sesame oil
1 sprig fresh coriander,
chopped

Cook the fusilli according to the package instructions. Drain, rinse with cold water and divide into serving bowls.

In a pot, bring the chicken broth and water to a boil. Add the fish fillet and cook until opaque.

Stir in the bean sprouts and spinach, cooking for 1 minute.

Season with the pepper and sesame oil.

Pour the soup over the fusilli. Sprinkle with the coriander and serve hot.

QUICK TIPS

- Opt for reduced-salt chicken broth to manage sodium intake, making it a healthier dish.
- Spinach is rich in vitamins A, C and K, as well as minerals like iron and magnesium.
- Include other vegetables like tomatoes, carrots, broccoli or asparagus for added colour, texture and nutritional benefits.

Char Kway Teow

SERVES 4 • TAKES 20 MINUTES

NUTRIENTS	PER SERVING
Energy	346kcal
Carbohydrate	40.6g
Protein	16.0g
Total Fat	13.1g
Saturated Fat	2.2g
Dietary Fibre	2.9g
Sodium	818mg

2 tbsp cooking oil
3 shallots, chopped
5 cloves garlic, finely chopped
200g grey prawns, shelled and deveined
100g fishcake, sliced
250g chye sim, chopped
200g bean sprouts
200g wholegrain kway teow noodles
150g wholegrain Hokkien noodles
2 tbsp dark soy sauce
1 tbsp reduced-salt light soy sauce
½ tsp ground white pepper
2 eggs, beaten

Heat a pot or wok over medium heat. Add the oil, then sauté the shallots and garlic until lightly browned.

Add the prawns and fishcake, and fry for 30 seconds. Add the chye sim and bean sprouts, and cook for another 30 seconds.

Stir in the noodles, dark soy sauce, light soy sauce and pepper. Fry for 3 minutes until well mixed.

Pour in the eggs and mix thoroughly.

Remove from the heat and serve hot.

QUICK TIPS

- Adjust the seasoning to suit your taste.
- For a spicier kick, add chilli.
- Swap 1 tablespoon of dark soy sauce with ½ teaspoon of fish sauce for a different flavour.

Prawn Laksa

SERVES 4 • TAKES 20 MINUTES

NUTRIENTS	PER SERVING
Energy	339kcal
Carbohydrate	42.0g
Protein	14.5g
Total Fat	12.8g
Saturated Fat	1.6g
Dietary Fibre	2.3g
Sodium	625mg

320g brown rice laksa
bee hoon
200g bean sprouts
185g laksa paste
200ml light coconut milk or
low-fat milk
450ml water
100g fishcake, cut into strips
4 pieces tofu puffs (tau pok),
sliced
20 medium-sized prawns,
shelled, deveined and
cooked
2 sprigs fresh coriander,
roughly chopped

Prepare the bee hoon according to the package instructions. Blanch the bean sprouts, then strain and divide the bee hoon and bean sprouts into 4 serving bowls.

In a large saucepan, combine the laksa paste, coconut milk and water. Bring to a boil, then add the fishcake and tofu puffs. Cook for 5 minutes.

Top the bee hoon in each bowl with the prawns. Ladle the soup and its ingredients into the bowls. Garnish with coriander and serve hot.

QUICK TIPS

- Substitute fishcake and prawns with chicken or tofu for a variation.
- Serve the laksa immediately to prevent the noodles from becoming soggy.

Nasi Biryani

SERVES 4 • TAKES 40 MINUTES



NUTRIENTS	PER SERVING
Energy	405kcal
Carbohydrate	47.7g
Protein	5.4g
Total Fat	11.6g
Saturated Fat	2.2g
Dietary Fibre	2.6g
Sodium	337mg

1 tbsp soft margarine
3 cloves garlic, smashed
40g shallots, sliced
20g ginger, smashed
3 cloves
3 cardamoms
1 cinnamon stick
1 tsp cumin powder
135g white basmati rice
135g brown basmati rice
250ml water
250ml chicken stock
a pinch of salt
2 sprigs fresh coriander,
roughly chopped
80g raisins

Heat a wok over medium heat and melt the margarine. Sauté the garlic, shallots, ginger, cloves, cardamoms, cinnamon and cumin until fragrant.

Add the rice, spice mixture, water, chicken stock and salt to a rice cooker. Mix well.

Turn on the rice cooker and cook until the rice is done. Stir in the coriander and raisins. Serve hot.

QUICK TIPS

- Soaking the rice for 20–30 minutes before cooking will result in a fluffier texture.
- Adjust the spice levels according to your preference. For a more aromatic dish, use whole spices and lightly crush them before sautéing.
- To make it a complete meal, add protein such as chicken, lamb or a vegetarian alternative like chickpeas or paneer when adding the water and stock.

Hokkien Mee

SERVES 4 • TAKES 40 MINUTES

NUTRIENTS	PER SERVING
Energy	298kcal
Carbohydrate	22.2g
Protein	22.2g
Total Fat	9.7g
Saturated Fat	2.1g
Dietary Fibre	2.4g
Sodium	536mg

200g medium prawns, shelled and deveined
50g squid
100g lean pork
500ml chicken stock
1 tbsp cooking oil
3 cloves garlic, minced
2 eggs, beaten
200g wholegrain Hokkien mee
150g thick brown rice bee hoon
4 limes, juiced
¼ tbsp fish sauce
¼ tbsp sesame oil
¼ tsp chicken powder
50g Chinese chives
200g bean sprouts

Boil the prawns, squid and pork in the chicken stock until cooked. Slice the squid into rings and the pork into strips.

Heat the oil in a wok over medium heat. Sauté the garlic until fragrant. Add the eggs and stir-fry until cooked. Toss in the Hokkien mee and thick rice bee hoon, stir-frying briefly.

Pour in the chicken stock and cover with a lid. Bring to a boil, then braise on low heat for 3 minutes.

Remove the lid and add the lime juice, fish sauce, sesame oil and chicken powder. Add the cooked prawns, squid rings and pork strips. Stir-fry until the gravy is nearly absorbed.

Add the Chinese chives and bean sprouts. Stir-fry evenly. Turn off the heat and serve hot.

QUICK TIPS

- Home-made or low-sodium chicken stock can enhance the flavour of the dish.
- Chinese chives and bean sprouts add not only crunch and flavour but also vitamins, minerals and fibre. You can also add vegetables like cabbage, broccoli or carrots.

Fruity Stir-Fried Brown Rice

SERVES 4 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	321kcal
Carbohydrate	57.0g
Protein	6.0g
Total Fat	10.0g
Saturated Fat	2.0g
Dietary Fibre	3.0g
Sodium	8mg

1 tbsp cooking oil
2 cloves garlic, finely chopped
500g cooked brown rice,
refrigerated overnight
2 green apples, diced
50g raisins
a pinch of ground white pepper
40g unsalted cashew nuts

Heat the oil in a large saucepan over medium heat. Fry the garlic until fragrant.

Add the cooked brown rice and stir-fry for 5 minutes.

Mix in the apples, raisins and pepper. Stir-fry for another 5 minutes.

To serve, garnish the fried rice with the cashew nuts.

QUICK TIPS

- Cooking the rice in advance and letting it cool, or using leftover refrigerated rice ensures a better texture for stir-frying as it has less moisture.
- Experiment with fruits like pineapple for a tropical twist and added sweetness.
- Adding fruits like apples and raisins not only introduces natural sweetness without added sugars but also provides antioxidants and vitamins.

Spinach Rice Gratin

SERVES 6 • TAKES 40 MINUTES



NUTRIENTS	PER SERVING
Energy	446kcal
Carbohydrate	43.0g
Protein	19.0g
Total Fat	23.0g
Saturated Fat	4.7g
Dietary Fibre	6.8g
Sodium	420mg

600g cooked brown rice,
cooled
280g English spinach, chopped
120g firm tofu, crumbled
45g pine nuts or sunflower
seeds, toasted
2 tbsp cooking oil
1 medium carrot, chopped or
shredded
½ medium red onion, diced
(optional)
½ cup mozzarella cheese,
shredded
3 large eggs
½ tsp sea salt
a pinch of ground black pepper
a pinch of mixed Italian herbs

Preheat the oven to 200°C. Grease a 25cm round baking dish with a little cooking oil.

In a large bowl, combine the rice, spinach and tofu. Add the pine nuts or sunflower seeds, cooking oil, carrots and red onion (if using). Mix well, then stir in ¼ cup of the cheese.

In a small bowl, whisk together the eggs and salt.

Fold the eggs into the rice mixture, then pour it into the prepared baking dish. Sprinkle the remaining cheese on top.

Bake for 30 minutes or until the casserole is set and the top is golden brown. Remove from the oven and add the pepper and herbs.

QUICK TIPS

- Substitute rice with pasta or couscous for another variation of the dish.
- Add vegetables like mushrooms for extra flavour and nutrients.
- Omit the cheese topping to reduce fat and salt content.

Lasagne

SERVES 6 • TAKES 45 MINUTES



NUTRIENTS	PER SERVING
Energy	337kcal
Carbohydrate	50.0g
Protein	17.0g
Total Fat	7.5g
Saturated Fat	3.0g
Dietary Fibre	5.4g
Sodium	734mg

cooking oil, for greasing
200–250g reduced-fat ricotta or cottage cheese
250g mozzarella cheese, grated
½ cup baby spinach or chopped frozen spinach, thawed and drained
1 tsp cooking oil
100g white or brown button mushrooms
1 medium zucchini, chopped or sliced
1 medium eggplant, chopped

1 small red capsicum, chopped
1 small carrot, sliced or grated
1 yellow onion, chopped (optional)
2 cloves garlic, chopped (optional)
2 (400g) cans chopped tomatoes or pasta sauce
200ml water
1 tsp dried basil or mixed Italian herbs
6 instant lasagne sheets

Preheat the oven to 180°C and lightly grease a baking tray with cooking oil.

In a large bowl, mix the ricotta or cottage cheese, 125g of mozzarella cheese and the spinach.

Heat a large saucepan with the oil over medium heat. Cook all the vegetables until tender. Stir in the canned tomatoes or pasta sauce, add the water and bring to a boil. Mix in the basil or Italian herbs, then simmer.

Spread a layer of tomato sauce over the bottom of the prepared baking tray. Place 2 lasagne sheets on top. Spread more tomato sauce over the sheets, followed by ½ of the cheese and spinach mixture. Repeat the layers.

Finish with a layer of lasagne sheets, remaining sauce and the remaining mozzarella cheese on top.

Cover with foil and bake for 20 minutes. Uncover and bake for another 10 minutes. Let it stand for 10 minutes before slicing.

QUICK TIPS

- Serve with grilled meat, fish or tofu for added protein.
- Garnish with fresh basil leaves for an extra burst of flavour before serving.



Tangy Tomato Bean Vermicelli

SERVES 4 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	312kcal
Carbohydrate	34.0g
Protein	11.0g
Total Fat	9.0g
Saturated Fat	1.0g
Dietary Fibre	7.0g
Sodium	317mg

150g brown rice vermicelli
1½ tsp olive oil
1 tsp mustard seeds
130g (1 yellow or red) onion,
finely chopped
400g (5 small) tomatoes, diced
½ tsp salt
2 tsp garam masala
½ tsp chilli powder
¼ tsp turmeric powder
200g can kidney beans,
drained
juice of ½ lime
fresh mint or coriander

Cook the vermicelli according to the package instructions. Drain, rinse under cold water and set aside.

Heat the olive oil in a pan over medium heat. Add the mustard seeds and let them splutter. Add the onion and sauté until translucent.

Add the tomatoes to the pan and cook until softened.

Stir in the salt, garam masala, chilli powder and turmeric. Cook for 1-2 minutes to let the spices bloom.

Add the cooked vermicelli to the pan and gently mix until coated with the tomato mixture.

Stir in the kidney beans and combine well.

Drizzle the lime juice over the dish. Adjust the amount according to your taste.

Garnish with the mint or coriander. Serve hot.

QUICK TIPS

- Rinse canned kidney beans thoroughly to reduce sodium.
- Use brown rice vermicelli or elbow macaroni instead of rice vermicelli for higher fibre and protein content.
- Adjust the spices to suit your taste preferences.
- For added protein, mix in cooked chicken or tofu.



High-Protein Chapati

SERVES 1 • TAKES 15 MINUTES



NUTRIENTS	PER SERVING
Energy	113kcal
Carbohydrate	16.0g
Protein	11.0g
Total Fat	0.3g
Saturated Fat	0.0g
Dietary Fibre	4.5g
Sodium	4mg

50g soy chunks or nuggets
50g wholewheat flour
75ml water

Dry-blend the soy chunks into a fine powder.

In a mixing bowl, combine the wholewheat flour and soy flour. Gradually add water to form a soft, non-sticky dough. If the dough feels too dry, add 2-4 tablespoons of water. Let the dough rest for 10 minutes.

Divide the dough into 3 equal portions and shape them into balls.

Lightly flatten each ball and coat with flour, shaking off the excess.

Roll out each ball evenly with a rolling pin to a diameter of 17-20cm, sprinkling flour as needed to prevent sticking. Dust off any excess flour after rolling.

Heat a pan or tawa over medium heat until hot but not smoking.

Place the chapati on the pan and cook until bubbles form.

Flip the chapati using a spatula and cook for 1 minute, ensuring the edges are also cooked.

QUICK TIPS

- Keep the chapatis warm by wrapping them in a clean kitchen towel or placing them in a covered container until ready to serve.
- For a more flavourful chapati, mix finely chopped herbs like coriander or mint into the dough.



Millet Biryani

SERVES 1 • TAKES 45 MINUTES



NUTRIENTS	PER SERVING
Energy	411kcal
Carbohydrate	48.0g
Protein	29.0g
Total Fat	13.0g
Saturated Fat	1.0g
Dietary Fibre	6.0g
Sodium	512mg

1 tbsp canola oil
100g red onions, chopped
10g ginger garlic paste
100g tomatoes, chopped
10g chilli powder
5g garam masala
salt, to taste
200g boneless, skinless
chicken breast, cut into
small pieces
200ml water
100g foxtail millet

For the garnish
shallots, sliced into rings
fresh coriander

Heat the oil in a pan and sauté the onions until soft.

Add the ginger garlic paste and tomatoes, stirring until combined.

Stir in the chilli powder, garam masala and salt, sautéing until the raw aroma disappears.

Add the chicken and sauté until half-cooked.

Pour in the water, bring to a boil and add the foxtail millet. Stir well and boil for 2 minutes.

Transfer the mixture to a rice cooker and cook until done.

Serve the biryani on a plate, garnished with shallot rings and coriander.

Pair with Cucumber Raita (page 106), if desired.

QUICK TIPS

- Make this dish vegetarian by replacing the chicken with chickpeas or paneer.
- Add vegetables like carrots, French beans or peas to increase the fibre content.

“This cookbook is a welcome resource. Knowing it was put together by dietitians and nutritionists gives me peace of mind that I can trust it. What I love most is the variety these recipes offer—this keeps me motivated and makes healthy eating feel like an adventure rather than a chore. I’ve learnt that instead of focusing on what I can’t have, which only worsens my cravings, it helps to explore new, delicious options. When you enjoy the process of preparing food, sharing it with loved ones naturally follows. The Chicken Rendang recipe (page 104) introduced me to new techniques—blending the onions meant I could use less oil without compromising flavour. I also enjoyed experimenting with fresh herbs like galangal and candlenut, which I hadn’t cooked with before. My husband, who rarely cooks, even joined me in the kitchen, turning it into a fun family activity.”

Noorunnisa AK

Book publishing manager

Side Dishes





Hong Kong-Style Steamed Fish

SERVES 2 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	199kcal
Carbohydrate	4.0g
Protein	20.0g
Total Fat	8.6g
Saturated Fat	1.7g
Dietary Fibre	0.8g
Sodium	310mg

1½ tsp reduced-salt light soy sauce
⅓ tsp sugar
1½ tbsp hot water
60g chye sim, halved
200g sea bass fillet
1 thumb-sized ginger, thinly sliced
40g spring onions, chopped
15g fresh coriander, chopped
2 tsp sesame oil

In a small bowl, mix the soy sauce, sugar and hot water until the sugar dissolves. Set aside.

Prepare a wok or pot for steaming by filling it with water to a depth of 5cm. Bring the water to a boil.

Place the chye sim on a heatproof oblong plate, spreading it evenly. Lay the sea bass fillet on top of the chye sim. Top the fish with ⅓ of the ginger, spring onions and coriander. Carefully place the plate in the steamer.

Cover and steam over medium heat for 7–10 minutes, depending on the size and thickness of the fish.

Once the fish is cooked, remove the plate from the steamer and drain any excess liquid.

Heat a wok or small saucepan over medium-high heat. Add the sesame oil, followed by the remaining ginger and spring onions. Sauté for 1 minute until fragrant, then stir in the remaining coriander. The mixture should be sizzling.

Pour the prepared soy sauce mixture into the wok or saucepan. Simmer for about 30 seconds until the spring onions and coriander wilt.

Pour the hot mixture over the steamed fish. Serve immediately.

QUICK TIPS

- The fish is done when it flakes easily with a fork.
- Heat the oil just enough to sizzle the ginger and spring onions, releasing their aroma without burning.
- To give the dish the same umami taste with a lower sodium content, use tamari instead of soy sauce.
- Ginger is not only flavourful but also has anti-inflammatory and antioxidant properties.



Shrimp Wonton Soup

SERVES 2 • TAKES 35 MINUTES



NUTRIENTS	PER SERVING
Energy	155kcal
Carbohydrate	17.5g
Protein	8.7g
Total Fat	5.4g
Saturated Fat	0.7g
Dietary Fibre	0.7g
Sodium	371mg

60g shrimp, shelled and deveined, minced
30g shiitake mushrooms, minced
20g fresh coriander, minced
10g spring onions, finely chopped
10g cornstarch
2 tsp sesame oil
½ tsp reduced-salt light soy sauce
36g wonton skins
100ml low-sodium chicken broth
200ml water

For the garnish
red chillies, thinly sliced
spring onions, thinly sliced

In a medium bowl, mix the shrimp, shiitake mushrooms, coriander, spring onions, cornstarch, sesame oil and soy sauce until well combined.

Place 2 teaspoons of the mixture for the filling in the centre of a wonton wrapper. Moisten the edges with water, then fold to seal, ensuring no air is trapped inside.

Arrange the prepared wontons on a clean surface.

In a medium pot, bring the chicken broth and water to a boil over medium heat.

Gently add the wontons to the boiling broth and cook for 8 minutes, or until the wontons are fully cooked and float to the surface.

Serve the wontons and broth in bowls, garnished with red chillies and spring onions.

QUICK TIPS

- Finely mince the shrimp and vegetables for a smooth, cohesive filling that is easier to wrap.
- Avoid overcrowding the pot to ensure even cooking and prevent the wontons from sticking together.
- For a more substantial meal, add bok choy or spinach to the soup during the last 2 minutes of cooking.



Assam Pedas Fish

SERVES 4 • TAKES 35 MINUTES



NUTRIENTS	PER SERVING
Energy	287kcal
Carbohydrate	19.1g
Protein	35.1g
Total Fat	9.3g
Saturated Fat	3.0g
Dietary Fibre	6.4g
Sodium	337mg

For the paste

28g dried chillies, soaked and drained

80g small red onion, halved

12 cloves garlic, peeled
water, as needed

For the fish

15g tamarind (assam) paste

200ml water

2 tsp cooking oil

2 lemongrass stalks, bruised

½ tsp ikan bilis powder

600g batang fish steak

12g torch ginger bud, sliced

12g lime leaves, sliced

240g lady's fingers, halved

180g tomato, quartered

salt, to taste

In a blender, combine the chillies, onion, garlic and just enough water to form a smooth paste.

In a small bowl, mix the tamarind paste with 30ml of water until fully dissolved.

Heat the oil in a large pan over medium-high heat. Fry the blended paste and lemongrass until fragrant.

Add the ikan bilis powder and tamarind mixture to the pan, along with 20ml of water. Stir until the mixture darkens slightly.

Add the batang fish steak, cover it with a lid and cook for about 3 minutes over medium heat.

Add the torch ginger (reserving some for garnish), lime leaves, 150ml of water, lady's fingers and tomato. Cover and simmer for 5 more minutes. Season with salt.

Once cooked, carefully transfer the assam pedas to a serving bowl.

Garnish with the torch ginger and serve.

QUICK TIPS

- Batang fish is ideal for its firm texture, but mackerel or snapper also work well in the tangy broth.
- Adjust the tamarind paste to control the dish's sourness to your preference.
- Lady's fingers thicken the broth and enhance the stew's texture as they cook.



Sambal Goreng Tempeh

SERVES 4 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	181kcal
Carbohydrate	12.7g
Protein	13.9g
Total Fat	9.2g
Saturated Fat	1.9g
Dietary Fibre	6.1g
Sodium	48mg

160g tempeh, cut into 2cm cubes

160g tau kwa, cut into 2cm cubes

65ml water

140g long beans, cut into 5cm lengths

160g red onion, quartered

12 cloves garlic

20g dried chillies, soaked and roughly chopped

¼ thumb-sized ginger, roughly chopped

1½ tsp cooking oil

2½ red chillies, roughly chopped

20g tamarind (assam) paste

20g light coconut cream

Preheat the oven to 180°C. Line a baking tray with parchment paper. Arrange the tempeh and tau kwa on the tray and bake for 10 minutes, tossing the tau kwa every 5 minutes until slightly golden.

Bring the water to a boil in a small pot. Blanch the long beans for 1 minute, then drain and set aside.

Blend the onion, garlic, dried chillies, ginger and a bit of water to form a smooth paste.

Heat the oil in a medium non-stick pan over medium-high heat. Stir-fry the blended spice paste until fragrant.

Add the baked tempeh, tau kwa, long beans and red chillies to the pan. Stir in the tamarind paste and light coconut cream, ensuring everything is evenly coated. Fry for another minute.

Serve hot.

QUICK TIPS

- Pressing the tau kwa before baking (e.g., placing it between two plates with a heavy item on top for about 20 minutes) removes excess water and improves texture.
- Baking tempeh and tau kwa is a healthier alternative to frying, as it reduces oil usage.
- Adjust the amount of dried chillies to suit your spice tolerance. Soaking them in warm water before blending makes them easier to blend.
- Light coconut cream retains sambal goreng's creamy texture while lowering its fat content.



Torch Ginger Shredded Beef

SERVES 2 • TAKES 40 MINUTES



NUTRIENTS	PER SERVING
Energy	211kcal
Carbohydrate	15.6g
Protein	22.8g
Total Fat	6.4g
Saturated Fat	0.9g
Dietary Fibre	2.9g
Sodium	68mg

180g beef stir-fry or any lean beef slices
3 tsp baking soda
4 red chillies, finely chopped
½ torch ginger bud
1 tsp cooking oil
3 shallots, finely chopped
1 clove garlic, finely chopped
1 lemongrass stalk, bruised
6g galangal, peeled and bruised
2g kaffir lime leaves
¼ tsp sugar
½ tsp mushroom powder
15ml water

For the garnish

1 lime, halved
¼ torch ginger bud chopped

Combine the beef with the baking soda in a bowl. Cover with cling film and refrigerate for at least 30 minutes to tenderise.

Rinse the beef thoroughly under running water, then drain and set aside.

Using a mortar and pestle, pound the chillies until coarsely ground and set aside.

Remove the outer layer and stalks of the torch ginger. Halve the bud vertically, then finely chop and set aside.

Heat the oil in a large pan over high heat. Sauté the shallots and garlic until aromatic.

Add the lemongrass, galangal, kaffir lime leaves and chillies to the pan. Cook for 3–4 minutes until fragrant.

Stir in the beef and cook until well combined.

Add ½ of the torch ginger and cook until it starts to wilt.

Season with the sugar and mushroom powder. Add the water and stir until evenly mixed. Remove from the heat.

Garnish with the torch ginger and lime wedges before serving.

QUICK TIPS

- Baking soda is an effective tenderiser, making the beef softer and easier to chew.
- Adjust the amount of chillies to suit your spice tolerance. Aim for a balanced sweet, salty and spicy flavour in the dish.



Tofu “Chicken”

SERVES 6 • TAKES 1 HOUR



NUTRIENTS	PER SERVING
Energy	145kcal
Carbohydrate	13.1g
Protein	11.0g
Total Fat	4.8g
Saturated Fat	0.4g
Dietary Fibre	0.2g
Sodium	236mg

For the tofu

700g pressed tofu
20ml reduced-salt light soy
sauce or tamari
42g cornstarch

For the sauce

20ml hoisin sauce
70–80ml water
1 tbs white wine vinegar
1 tsp cornstarch

½ tsp sesame oil
3 cloves garlic, minced
30g spring onions, white and
green parts separated and
chopped

Preheat the oven to 220°C and line a baking sheet with a silicone mat or parchment paper.

Tear the tofu into bite-sized chunks for a meat-like texture or cut it into small cubes.

In a medium bowl, toss the tofu with soy sauce or tamari until evenly coated. Sprinkle the cornstarch over the tofu and toss again to coat.

Spread the tofu on the prepared baking sheet in an even layer. Bake on the top rack of the oven for 25 minutes, flipping halfway through.

In a small bowl, whisk together the hoisin sauce, water, vinegar and cornstarch. Set aside.

Heat the sesame oil in a large frying pan, skillet or wok over medium heat. Add the garlic and white parts of the spring onions, frying for 1 minute or until fragrant.

Stir in the cooked tofu. Pour the hoisin sauce mixture over the tofu and stir well. Bring to a simmer and cook for 3 minutes or until the sauce is thick and glossy.

Reduce the heat to low, then stir in the green spring onion tops.

Serve over rice and vegetables, or as desired, and garnish with more green spring onion.

QUICK TIPS

- Pressing the tofu before tearing or cutting helps remove excess water, resulting in a firmer texture that better mimics chicken.
- For deeper flavour, marinate the tofu in the soy sauce or tamari for at least 30 minutes before baking.
- Tofu is a great source of plant-based protein, making it an excellent option for vegetarians and those looking to reduce meat consumption.



Chicken Laksa Pies

SERVES 6 • TAKES 1 HOUR 30 MINUTES



NUTRIENTS	PER SERVING
Energy	257kcal
Carbohydrate	26.9g
Protein	17.7g
Total Fat	8.7g
Saturated Fat	4.5g
Dietary Fibre	4.1g
Sodium	379mg

For the pie crust

180g wholewheat flour
a pinch of salt
27g cold unsalted butter, diced
66g plain Greek yoghurt
60–90ml ice water

For the filling

1½ tsp cooking oil
300g boneless, skinless chicken breast, thinly sliced
15g laksa paste
210ml light coconut milk
50g carrot, cubed
100g potatoes, cubed
15ml reduced-salt light soy sauce
15ml lemon juice
5g brown sugar

For the garnish

mint leaves
red chilli, thinly sliced or shaped into a flower
fresh coriander, chopped

For the pie crust, combine the wholewheat flour and salt in a food processor. Add the diced cold butter and pulse until the mixture resembles coarse crumbs.

Add the Greek yoghurt to the mixture and pulse until just combined.

Gradually add ice water, one tablespoon at a time, until the dough comes together. Shape the dough into a disc, wrap it in plastic wrap and refrigerate for at least 30 minutes.

For the filling, heat the oil in a skillet over medium heat. Add the chicken and cook until browned. Stir in the laksa paste and cook for 1–2 minutes until fragrant. Add the coconut milk, carrots, potatoes, soy sauce, lemon juice and brown sugar. Simmer for 10–15 minutes or until the vegetables are tender and the chicken is cooked through. Remove from the heat and let the filling cool.

Preheat the oven to 190°C. Roll out the chilled pie crusts on a lightly floured surface. Line 12 pie dishes with the rolled-out crusts. Pour the cooled laksa chicken filling into each pie crust. Cover each dish with another layer of rolled-out crust and seal the edges. Cut a few slits in the top crusts for ventilation. Bake for 30–35 minutes or until the crusts are golden brown.

Garnish the pies with mint leaves, red chilli and coriander before serving.

QUICK TIPS

- For a more robust flavour, increase the laksa paste by 5–10g.
- Using ice water when making the pastry dough prevents the butter from melting, ensuring a flaky crust.



Pan-Fried Prawns

SERVES 4 • TAKES 35 MINUTES



NUTRIENTS	PER SERVING
Energy	145kcal
Carbohydrate	11.5g
Protein	10.8g
Total Fat	5.7g
Saturated Fat	0.4g
Dietary Fibre	0.7g
Sodium	465mg

For the sauce

150ml water
50g tomato puree
1 tsp oyster sauce
ground white pepper, to taste

300g large prawns, shell on
4 tsp cooking oil
4 tsp ginger, minced
4 cloves garlic, minced
3½ shallots, minced
20g cornstarch
50ml water
40g spring onions, chopped

Mix the sauce ingredients in a bowl until well combined, then set aside.

Pat the prawns dry thoroughly using paper towels.

Heat ½ of the oil in a medium pan over high heat until it begins to smoke. Add the prawns carefully.

Fry the prawns until the shells char slightly, then flip and repeat. Remove the half-cooked prawns and set aside.

Lower the heat to medium, add the remaining oil and sauté the ginger, garlic and shallots until fragrant.

Return the prawns to the pan and pour in the sauce mixture.

Cook until the prawns turn pink and the meat becomes opaque.

Stir the cornstarch into the water, then add it to the pan to thicken the sauce.

Remove from the heat and garnish with chopped spring onions. Serve immediately.

QUICK TIPS

- Cooking prawns with their shells on helps retain moisture and enhances flavour.
- Ensure your pan and oil are hot enough to achieve a charred flavour for the prawns.



Grilled Calamari with Lemon Ginger Garlic Drizzle

SERVES 4 • TAKES 40 MINUTES



NUTRIENTS	PER SERVING
Energy	165kcal
Carbohydrate	4.4g
Protein	18.1g
Total Fat	7.8g
Saturated Fat	0.8g
Dietary Fibre	0.4g
Sodium	315mg

For the grilled calamari

450g calamari, sliced into rings
and tentacles

2½ tsp cooking oil

4g smoked paprika

½ tsp salt

ground black pepper, to taste

For the lemon ginger garlic drizzle

1¼ tbsp cooking oil

2 cloves garlic, minced

10g ginger, grated

5g lemon juice

salt, to taste

For the garnish

fresh English or Italian
parsley, chopped

In a bowl, toss the calamari with the oil, smoked paprika, salt and pepper until evenly coated. Set aside.

Heat the oil in a small pot over medium heat. Add the garlic and ginger, cooking for 1 minute until fragrant.

Add the lemon juice and salt, cooking for another 15 seconds. Remove from the heat and set aside.

Preheat the grill to medium-high heat.

Arrange the calamari in a single layer on the grill grate. Cook for 2–3 minutes on each side or until it is cooked through.

Transfer the grilled calamari to a serving plate and drizzle with the lemon ginger garlic mixture.

Garnish with the parsley and serve immediately.

QUICK TIPS

- Calamari cooks quickly; overcooking will make it rubbery. Ensure the grill is hot enough to sear the calamari quickly without overcooking it.
- For added flavour, marinate the calamari for 30 minutes in the refrigerator before grilling.
- Serve the grilled calamari immediately for the best texture and taste.



Kimchi Baked Potatoes

SERVES 4 • TAKES 1 HOUR



NUTRIENTS	PER SERVING
Energy	231kcal
Carbohydrate	38.5g
Protein	5.5g
Total Fat	7.0g
Saturated Fat	3.5g
Dietary Fibre	5.0g
Sodium	275mg

4 medium potatoes, unpeeled
1 tsp cooking oil, for brushing
salt, to taste

To serve

120g kimchi, chopped
120g sour cream
2 stalks spring onions, thinly
sliced
ground white pepper, to taste
fresh coriander (optional)

Preheat your oven to 200°C.

Wash and scrub the potatoes thoroughly. Pierce each potato a few times with a fork. Rub them with oil, sprinkle with the salt, and wrap them individually in aluminium foil.

Place the wrapped potatoes directly on the oven rack and bake for 40–50 minutes or until tender when pierced with a fork.

Once cooked, allow the potatoes to cool slightly, then halve each one lengthwise.

Top each potato half with the kimchi, sour cream and spring onions. Season with pepper and garnish with coriander, if desired.

QUICK TIPS

- Piercing the potatoes allows steam to escape, preventing them from bursting during cooking.
- Wrapping the potatoes in aluminium foil helps them cook evenly and retains moisture.
- Customise your toppings with chives or grated cheese for extra flavour.



Steamed Prawns and Tofu

SERVES 2 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	217kcal
Carbohydrate	14.6g
Protein	26.5g
Total Fat	5.6g
Saturated Fat	0.5g
Dietary Fibre	1.7g
Sodium	311mg

2 cloves garlic, minced
2 lemongrass stalks, finely minced
¼ thumb-sized ginger, grated
1 tsp reduced-salt light soy sauce
1 tsp oyster sauce
1 tsp sesame oil
200g prawns, shell on
120g pressed tofu

For the garnish

fresh coriander, chopped
spring onions, chopped

In a large bowl, combine the garlic, lemongrass, ginger, soy sauce, oyster sauce, sesame oil and prawns. Mix well and marinate for 15 minutes.

Arrange the tofu slices in a single layer on a plate and place the marinated prawns on top of the tofu.

Bring water in a steamer to a boil. Place the plate with the tofu and prawns into the steamer, cover and steam for 8–10 minutes or until the prawns turn pink and opaque.

Garnish with coriander and spring onions before serving.

QUICK TIPS

- Marinate the prawns a day in advance for convenience and a richer flavour.
- Prawns cook quickly; they're done when they turn pink. Avoid overcooking to prevent a rubbery texture.
- Add a splash of lemon juice over the prawns before serving for extra freshness.
- For a spicier kick, add some finely chopped red chillies to the marinade.

Chicken Rendang

SERVES 4 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	247kcal
Carbohydrate	10.3g
Protein	18.6g
Total Fat	14.0g
Saturated Fat	4.1g
Dietary Fibre	3.3g
Sodium	261mg

For the spice blend

2 yellow onions, quartered
2 fresh red chillies, deseeded
2 shallots, peeled
10g galangal, sliced
10g turmeric, sliced
3 dried red chillies, boiled for
10 minutes
3 candlenuts
4 cloves garlic, peeled
1 lemongrass stalk, sliced
1 red chilli padi, deseeded
¼ thumb-sized ginger, peeled
and sliced
1-2 tbsp water

For the rendang

2 tbsp cooking oil
1 lemongrass stalk, bruised
400g boneless, skinless
chicken breast, chopped
into chunks
25ml water
100ml low-fat evaporated milk
20g shredded coconut,
toasted
5 kaffir lime leaves, crushed
salt, to taste

Blend all the spice blend ingredients in a blender until smooth.

Heat the oil in a pot or wok over medium heat. Add the spice blend and cook for 3 minutes until fragrant.

Stir in the lemongrass and chicken, ensuring they are well coated in the spice blend.

Add the water and evaporated milk, then simmer over low heat for 20 minutes or until the mixture thickens and dries.

Stir in the shredded coconut, kaffir lime leaves and salt. Serve hot.

QUICK TIPS

- For a vegetarian alternative, substitute chicken with cubed and stir-fried tau kwa or tempeh.

Chicken Curry

SERVES 4 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	326kcal
Carbohydrate	10.1g
Protein	32.4g
Total Fat	16.8g
Saturated Fat	3.3g
Dietary Fibre	2.8g
Sodium	317mg

For the spice blend

1 yellow onion, quartered
1 red chilli, deseeded
1 red chilli padi, deseeded
4 cloves garlic, peeled
4 slices ginger

For the curry

2 tbsp cooking oil
1 yellow onion, sliced
1 cinnamon stick
1 lemongrass stalk, bruised
400g skinless chicken parts,
fats removed
2 tbsp curry powder
250ml water
a pinch of salt
100ml low-fat evaporated milk

Blend all the spice blend ingredients in a blender until smooth.

Heat the oil in a pot or wok. Sauté the onion and cinnamon stick for 3 minutes or until fragrant. Add the spice blend and lemongrass, and continue to fry until aromatic.

Stir in the chicken and curry powder, mixing well to coat.

Pour in the water, cover with a lid and bring to a boil. Lower the heat to medium and simmer for 10 minutes or until the chicken is fully cooked. Add the salt.

Reduce to low heat, add the evaporated milk, stir and turn off the heat. Serve hot.

QUICK TIPS

- Low-fat milk can be used instead of evaporated milk.
- For added richness, mix in a few tablespoons of light coconut milk along with the evaporated milk.
- Garnish with fresh coriander or mint for an extra burst of flavour.

Cucumber Raita

SERVES 4 • TAKES 10 MINUTES



NUTRIENTS	PER SERVING
Energy	57kcal
Carbohydrate	8.1g
Protein	3.8g
Total Fat	0.9g
Saturated Fat	0.5g
Dietary Fibre	0.6g
Sodium	56mg

420g plain low-fat yoghurt
1 tsp cumin seeds, toasted
1 clove garlic, chopped
3 sprigs fresh coriander, finely chopped
1 medium cucumber, deseeded and sliced with skin on

In a medium bowl, combine the yoghurt, cumin seeds, garlic and coriander. Mix well.

Add the cucumber to the yoghurt mixture and stir until evenly combined.

Chill before serving. Pair with Nasi Biryani (page 69).

QUICK TIPS

- Grated carrots and chopped shallots can also be added to the cucumber raita.
- To make the raita more refreshing, squeeze in some fresh lemon juice.
- For a bit of heat, include finely chopped green chillies or a pinch of red chilli powder.
- Drain the cucumber thoroughly before mixing to prevent excess water in the raita.

Baked Chicken Ngoh Hiang

MAKES 16 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	100kcal
Carbohydrate	3.4g
Protein	13.5g
Total Fat	3.3g
Saturated Fat	1.0g
Dietary Fibre	0.9g
Sodium	420mg

500g skinless chicken breast,
fats removed then minced

12 water chestnuts, finely
diced

200g firm tofu, mashed

1 medium carrot, finely diced

1 bunch spring onions, finely
sliced

1 large egg, beaten

1 tsp salt

1 tsp ground black pepper

1 tsp five-spice powder

1 handful red chillies, deseeded
and finely sliced (optional)

1 large beancurd sheet

½ tsp cooking oil, for brushing

In a large bowl, combine the chicken, water chestnuts, tofu, carrot, spring onions, egg, salt, pepper, five-spice powder and chillies (if using). Mix well using your hands.

Spread the beancurd sheet on a flat, dry surface. Fold and cut it into 16 rectangular pieces. Place 4 tablespoons of the chicken mixture onto each rectangle. Roll up the beancurd skin, tucking in the sides to seal.

Preheat the oven to 220°C.

Arrange the rolls on a plate and steam for about 10 minutes. Transfer the rolls to a baking tray lined with aluminium foil.

Lightly brush the rolls with oil and bake for 15–20 minutes until golden brown.

Let the rolls cool slightly, then cut into bite-sized pieces. Serve with cooked brown rice or salad vegetables, and some home-made chilli sauce.

QUICK TIPS

- Add finely diced fresh shiitake mushrooms for added flavour and nutrients.
- The chicken mixture can also be used to make wontons. Boil the wontons in a pot of boiling water, drain and serve with vegetables and brown rice bee hoon.

Chicken Tofu Nuggets

SERVES 4-6 • TAKES 40 MINUTES



NUTRIENTS	PER SERVING
Energy	60kcal
Carbohydrate	4.6g
Protein	5.0g
Total Fat	2.3g
Saturated Fat	0.7g
Dietary Fibre	0.4g
Sodium	104mg

For the chicken

300g lean minced chicken
200g tau kwa, roughly mashed
½ tsp salt
¼ tsp ground white pepper
½ tsp onion powder (optional)
½ tsp paprika powder
(optional)

For the coating

1¼ cup breadcrumbs or panko
1 tbsp oil
30g grated Parmesan cheese
2 eggs, beaten
¼ cup plain flour

In a bowl, combine all the ingredients for the chicken and mix well. Shape the mixture into nugget-sized pieces and set aside.

Preheat the oven to 200°C. In a separate bowl, mix the breadcrumbs with oil, then spread them evenly on a baking sheet. Bake for 5–6 minutes or until golden brown. Let the breadcrumbs cool slightly before mixing in the Parmesan cheese.

Prepare three separate bowls: one with the breadcrumb mixture, one with the eggs and one with the flour. Line a baking sheet with a wire rack.

Coat each nugget in the flour, dip it in the beaten eggs and roll it in the breadcrumb mixture. Arrange the nuggets on the wire rack. For extra crispiness, lightly spray the nuggets with oil before baking.

Bake for 12–15 minutes or until golden brown on both sides.

QUICK TIPS

- For an alternative cooking method, air-fry the chicken tofu nuggets at 180°C for 15 minutes.
- Add herbs like oregano or basil into the breadcrumb mixture for enhanced flavour.

Cereal Tau Kwa

SERVES 4 • TAKES 15 MINUTES



NUTRIENTS	PER SERVING
Energy	208kcal
Carbohydrate	18.0g
Protein	10.0g
Total Fat	11.0g
Saturated Fat	2.2g
Dietary Fibre	1.0g
Sodium	373mg

1½ tbsp cooking oil
300g tau kwa, cut into moderately thick square slices
½ tsp sugar
a pinch of salt
6 tbsp Nestum cereal
8 cloves garlic, finely minced
3 chilli padi, chopped
10 curry leaves
2 shallots, sliced

Heat 1 tablespoon of oil in a pan and fry the tau kwa until golden brown. Set aside.

Combine the sugar, salt and cereal in a bowl. Set aside.

In a wok, heat the remaining oil and fry the garlic, chilli padi, curry leaves and shallots until fragrant.

Add the cereal mixture to the wok and stir until slightly browned. Turn off the heat and continue stir-frying for 5 minutes.

Pour the cereal mixture over the tau kwa and serve.

QUICK TIPS

- Add finely diced fresh shiitake mushrooms for extra flavour and nutrients.
- For a spicier dish, add more chopped chilli padi.
- Serve the dish immediately to retain the cereal's crispiness.

Garlic Lime Grilled Chicken

SERVES 4 • TAKES 40 MINUTES



NUTRIENTS	PER SERVING
Energy	377kcal
Carbohydrate	52.0g
Protein	31.0g
Total Fat	5.0g
Saturated Fat	1.2g
Dietary Fibre	2.1g
Sodium	162mg

4 boneless, skinless lean chicken fillets
juice of 2 large limes
4 cloves garlic, minced
1 tbsp cooking oil
2 ripe mangoes, diced
8 cherry tomatoes, chopped
1 red or yellow capsicum, diced
¼ cup fresh coriander, chopped
a pinch of salt
a pinch of ground black pepper

Place the chicken, lime juice, garlic and oil in a ziplock bag. Marinate in the refrigerator for at least 2 hours.

Combine the mangoes, cherry tomatoes, capsicum and coriander in a bowl. Season with the salt and pepper. Set aside to let the flavours meld.

Grill the chicken on low heat until cooked through.

Serve the chicken fillet with brown rice, topped with the mango salsa.

QUICK TIPS

- Add a pinch of chilli flakes to the mango salsa for a spicy kick.
- Marinate the chicken overnight for deeper flavour and convenience.
- Use a mix of red and yellow capsicums for a more vibrant salsa.

Hearty Chicken Stew

SERVES 4 • TAKES 40 MINUTES



NUTRIENTS	PER SERVING
Energy	300kcal
Carbohydrate	24.0g
Protein	24.0g
Total Fat	11.0g
Saturated Fat	1.0g
Dietary Fibre	4.0g
Sodium	202mg

400g boneless, skinless chicken breast, diced
1 tsp ground white pepper
1 tbsp mixed herbs (optional)
2 potatoes, diced
1 carrot, diced
3 tbsp barley
4 cups water
2 tbsp cooking oil
3 cloves garlic, minced
4 shallots, minced
2 tbsp frozen green peas

Marinate the chicken with the pepper and mixed herbs (if using) for 30 minutes.

In a pot, combine the potatoes, carrot and barley with 3 cups of water. Bring to a boil, then simmer for 15 minutes or until half-cooked. Set aside.

In another pot, heat the oil and sauté the garlic and shallots until fragrant. Add the marinated chicken and stir-fry until half-cooked.

Transfer the chicken to the pot with the vegetable stew. Bring to a boil, then simmer for 10-15 minutes, gradually adding the remaining 1 cup of water in 3 batches. Continue simmering until the barley and potatoes are soft.

Stir in the green peas just before serving.

QUICK TIPS

- Use chicken or vegetable broth instead of water for a richer flavour.
- For a thicker stew, mash some of the potatoes and carrots before adding the chicken.
- Marinate the chicken the night before and refrigerate it to save preparation time.

Herb-Baked Rainbow Fish

SERVES 6 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	200kcal
Carbohydrate	5.7g
Protein	20.0g
Total Fat	10.5g
Saturated Fat	1.5g
Dietary Fibre	1.6g
Sodium	163mg

2 tbsp cooking oil
1 yellow onion, peeled and sliced thinly into rings
50g red capsicum, sliced
50g yellow capsicum, sliced
50g green capsicum, sliced
1 celery stalk, cut into 1cm sticks
50g carrot, peeled and sliced
2 tbsp vinegar
a pinch of salt
a pinch of ground black pepper
2 tsp mixed Italian herbs
600g dory or cod fillets

Heat the oil in a pan and stir-fry the onion for 3 minutes. Add the capsicums, celery, carrot and vinegar, and continue stir-frying until the vegetables soften. Season with the salt and pepper.

Transfer ½ of the mixed vegetables to a baking or aluminium tray. Sprinkle 1 teaspoon of herbs on top.

Place the fish on top of the vegetables and sprinkle with the remaining herbs. Add the rest of the mixed vegetables over the fish.

Cover the baking tray with foil, leaving a small opening to allow steam to escape and ensuring at least a 2.5cm space between the food and foil.

Bake at 180°C for 15 minutes. Serve hot. This dish pairs well with rice.

QUICK TIPS

- For added flavour, marinate the fish fillets in lemon juice and herbs for 30 minutes before baking.
- Slice the vegetables evenly to ensure even cooking.
- Fresh herbs like thyme, rosemary and basil can be used for a more robust flavour.
- Opt for brown rice to increase your fibre intake.

Herb-Infused Salmon

SERVES 3 • TAKES 15 MINUTES



NUTRIENTS	PER SERVING
Energy	365kcal
Carbohydrate	5.8g
Protein	30.5g
Total Fat	26.0g
Saturated Fat	6.2g
Dietary Fibre	2.1g
Sodium	317mg

Preheat the oven to 200°C. Place the salmon on a baking pan lined with parchment paper and sprinkle both sides with the salt and pepper.

In a small bowl, mix the garlic, oil, dried mixed herbs and lemon juice to create the herb infusion.

Drizzle the herb infusion generously over the salmon and top each one with lemon slices. Bake for 10 minutes.

Once cooked, garnish with the coriander and serve.

QUICK TIPS

- Salmon is rich in omega-3 fatty acids, which help reduce inflammation, lower blood pressure and decrease cardiovascular disease risk factors.
- For extra flavour, marinate the salmon fillets in the herb mixture for 30 minutes before baking.
- Serve with steamed vegetables or a fresh salad for a complete meal.

3 (150g) salmon fillets

½ tsp salt

½ tsp black pepper, coarsely ground

2 cloves garlic, finely minced

1 tbsp cooking oil

½ tsp dried thyme, oregano, basil and parsley

juice of ½ medium lemon

½ medium lemon, thinly sliced

fresh coriander, finely chopped

Batang Fish in Kaffir Lime Leaf Gravy

SERVES 4 • TAKES 40 MINUTES



NUTRIENTS	PER SERVING
Energy	548kcal
Carbohydrate	7.7g
Protein	79.6g
Total Fat	22.8g
Saturated Fat	8.0g
Dietary Fibre	2.2g
Sodium	572mg

For Paste A

6 cloves garlic, sliced
5 shallots, sliced
¼ thumb-sized ginger, sliced
¼ thumb-sized fresh turmeric, sliced
3 kaffir lime leaves, chopped

For Paste B

½ cup water
8 cashew nuts, soaked
2 large green chillies
3 kaffir lime leaves, chopped

For the fish

2–3 tbsp cooking oil
½ cup water
500g batang fish, seasoned with ¼ tsp salt
¼ tsp coarse ground black pepper
juice of 1 kaffir lime

For the garnish

torch ginger bud, chopped

Blend Paste A and Paste B ingredients separately and set aside.

Heat a pan to low-medium heat, add the oil and fry Paste A for 10 minutes.

Add the water and simmer for 5 minutes. Add the fish and cook over medium heat for 5 minutes.

Add Paste B and simmer for 10 minutes or until the fish is cooked. Remove from the heat and transfer to a plate.

Add the pepper and kaffir lime juice. Garnish with the torch ginger. Serve with rice or bread.

QUICK TIPS

- Sea bass and toman fish are also great options for this recipe.
- For a richer flavour, marinate the fish in the salt for at least 30 minutes before cooking.
- Ensure the fish is cut into uniform pieces for even cooking.
- Adjust the number of green chillies in Paste B to match your desired spice level.

Potato and Tuna Salad with Yoghurt

SERVES 4 • TAKES 15 MINUTES



NUTRIENTS	PER SERVING
Energy	375kcal
Carbohydrate	55.0g
Protein	29.0g
Total Fat	4.5g
Saturated Fat	2.0g
Dietary Fibre	6.9g
Sodium	514mg

Simmer the potatoes until tender. Drain, let them cool, then cut into cubes.

In a large bowl, flake the tuna and combine with the capsicum, cucumber, celery, spring onions, dill and potatoes.

Whisk together the dressing ingredients. Add the dressing to the salad and mix well. Season with salt and pepper.

QUICK TIPS

- Top with additional fruits, corn kernels, chickpeas or baked nuts or seeds.
- For added flavour, refrigerate the salad for an hour before serving to let the flavours meld.
- Add a touch of sweetness by mixing in a small handful of raisins or chopped apples.
- This salad pairs well with a side of wholegrain bread or crackers.

For the salad

1kg small potatoes, peeled
400g canned tuna flakes in water
1 small red capsicum, finely sliced
3 Japanese cucumbers, finely diced
1 celery stalk, finely chopped
2 tbsp chopped spring onions
2 tbsp chopped fresh dill or
2 tsp dried dill
a pinch of salt (optional)
a pinch of ground pepper

For the dressing

½ cup plain low-fat yoghurt
¼ cup low-fat or light sour cream
or mayonnaise
2 tbsp lime juice
3 tsp wholegrain mustard

Prawn and Mango Relish

SERVES 4 • TAKES 15 MINUTES



NUTRIENTS	PER SERVING
Energy	129kcal
Carbohydrate	14.0g
Protein	8.0g
Total Fat	5.0g
Saturated Fat	0.7g
Dietary Fibre	0.3g
Sodium	158mg

4 tsp cooking oil
2 sprigs fresh coriander
2 cloves garlic, minced
1 tsp ground white pepper
300g prawns, shelled, deveined and patted dry
1 large ripe mango, peeled and cubed
4 shallots, thinly sliced
8 slices pickled ginger, thinly sliced
1 tbsp lime juice
1 lime, zest only

In a large bowl, combine 2 teaspoons of the oil, coriander, garlic and pepper. Add the prawns and toss until well coated.

Heat the remaining oil in a pan over medium heat and pan-fry the prawns until just cooked.

In a medium bowl, mix the mango, shallots, ginger, lime juice and zest.

Serve the prawns topped with the mango relish.

QUICK TIPS

- Substitute grated fresh ginger for pickled ginger to reduce sodium content.
- For an added crunch, sprinkle toasted sesame seeds over the mango relish before serving.
- Cook prawns only until they turn pink to avoid overcooking and making them rubbery.

Tomato and Capsicum Soup with Quinoa

SERVES 4 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	148kcal
Carbohydrate	30.6g
Protein	6.4g
Total Fat	1.7g
Saturated Fat	0.2g
Dietary Fibre	7.0g
Sodium	313mg

Place a large saucepan over medium heat. Add all the vegetables, vegetable stock, canned tomatoes, herbs and water. Bring to a boil and simmer for 20 minutes, uncovered, until the soup thickens.

Puree the soup with a stick blender until smooth.

Cook the quinoa according to the package instructions. Cover and keep warm.

Stir the cooked quinoa into the soup. Garnish with the mint, parsley, basil and pepper.

Serve with toasted wholegrain or pita bread.

For the soup

2 medium carrots, diced
2 celery stalks, diced
1 red capsicum, diced
1 white onion, chopped
1 tbsp garlic, finely chopped
2 cups reduced-sodium vegetable stock
2 (400g) cans diced tomatoes
1 tsp dried oregano
2 tsp dried basil
2½ cups water
60g quinoa

For the garnish

1 tsp mint leaves, finely chopped
1 tbsp fresh English or Italian parsley, finely chopped
1 tsp dried basil
a pinch of ground black pepper

QUICK TIPS

- Instead of canned tomatoes, use fresh tomatoes, which are lower in sodium and have more nutrients.
- For added depth of flavour, sauté the garlic and onion in a little olive oil before adding the other ingredients.
- Puree only half of the soup mixture for a chunkier soup.
- Add a splash of lemon juice before serving for a bright, tangy flavour.

Vietnamese Rice Paper Rolls

SERVES 4 • TAKES 20 MINUTES



NUTRIENTS	PER SERVING
Energy	426kcal
Carbohydrate	40.7g
Protein	17.3g
Total Fat	8.8g
Saturated Fat	2.4g
Dietary Fibre	3.6g
Sodium	1274mg

For the rolls

- 100g brown rice vermicelli
- 20 medium-sized prawns
- 20 Vietnamese rice paper sheets
- 10 lettuce leaves
- 1 cucumber, grated or cut into strips
- 1 carrot, grated or cut into strips
- 4 tbsp roughly chopped fresh coriander
- 4 tbsp roughly chopped mint leaves

For the dipping sauce

- 4 tbsp hoisin sauce
- 2 stalks spring onions, green parts only, thinly sliced
- 3 tbsp fresh lime juice
- 3 tsp unsalted peanut butter
- 3 tsp fish sauce
- brown sugar or honey, to taste

Cook the brown rice vermicelli according to the package instructions. Rinse in cold water and set aside.

Bring a pot of water to a boil and cook the prawns until done. Shell and halve each prawn lengthwise.

Soak a rice paper sheet in water for a few seconds, then shake off excess water and place it on a plate.

On one corner of the rice paper, layer half a lettuce leaf, cucumber, carrot, vermicelli, a prawn, coriander and mint leaves. Roll up the sheet into a spring roll, tucking in the sides as you go.

Prepare the dipping sauce by mixing all the sauce ingredients well.

Serve the rolls with the dipping sauce.

QUICK TIPS

- You can replace lettuce with other vegetables like blanched bean sprouts or cabbage.
- Shredded grilled chicken is a great alternative to prawns.
- For added flavour, marinate the prawns with a little garlic and ginger before boiling.
- Add chilli paste or sriracha for a spicier dipping sauce.

Steamed Egg with Yoghurt

SERVES 4 • TAKES 15 MINUTES



NUTRIENTS	PER SERVING
Energy	210kcal
Carbohydrate	6.0g
Protein	17.3g
Total Fat	14.0g
Saturated Fat	7.5g
Dietary Fibre	0.2g
Sodium	193mg

2 fresh mushrooms, chopped
2 tsp chopped red capsicum
1 tsp cooking oil
8 eggs
1 cup plain fat-free yoghurt
½ tsp reduced-salt light soy sauce
a pinch of ground white pepper
1 stalk spring onion, green parts only, chopped

Lightly sauté the mushrooms and capsicum in cooking oil over medium heat.

In a bowl, whisk together the eggs, yoghurt, soy sauce and pepper until smooth. Stir in the sautéed mushrooms and capsicums, and add spring onions.

Divide the mixture and pour it into 4 moulds. Steam over high heat for 8-10 minutes or until cooked through.

Serve warm with toast or rice.

QUICK TIPS

- Substitute plain yoghurt with low-fat milk or unsweetened soy milk.
- Chopped spinach, tomatoes and onions make great additions to this recipe.
- For extra protein, add chopped prawns or tofu.
- For added flavour, sprinkle grated cheese on top of the egg mixture before steaming.
- To ensure even cooking, avoid overfilling the moulds.



Paneer Bhurji

SERVES 4 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	217kcal
Carbohydrate	14.0g
Protein	14.0g
Total Fat	18.0g
Saturated Fat	9.0g
Dietary Fibre	5.0g
Sodium	434mg

- 1 tbsp cooking oil
- 1 tsp cumin seeds
- 100g (¾ cup) red onion, finely diced
- 50g carrot, grated
- 50g (½ cup) red, yellow or green capsicum, finely chopped
- 80g (1 small) tomato, finely chopped
- 25g (¼ cup) frozen peas, thawed
- 200g paneer (fresh or thawed), crumbled
- 1 tsp garam masala
- ¾ tsp salt
- 2 tsp lime juice

For the garnish

- fresh herbs (coriander, spring onions or mint leaves)

Heat the oil in a pan over low-medium heat. When hot, add the cumin seeds and let them splutter.

Add the diced onion and sauté until translucent.

Add the grated carrot and chopped capsicum. Cook for 1-2 minutes until lightly cooked.

Add the chopped tomato and cook until softened.

Add the peas and crumbled paneer. Stir gently to combine.

Sprinkle with garam masala and salt. Mix well and cook for 1-2 minutes on low to medium heat.

Add the lime juice and garnish with fresh herbs. Serve hot.

QUICK TIPS

- For added flavour, sprinkle chopped green chillies or red chilli flakes during cooking.
- Adjust the amount of garam masala and lime juice to suit your taste.
- Avoid overcooking the paneer, as it can become tough and rubbery.
- Serve the paneer bhurji with roti, naan or paratha. It also works well as a filling for sandwiches, wraps, tacos or burritos, or as a topping for dosas or Savoury Green Mung Dal Pancakes (page 123).



Savoury Green Mung Dal Pancakes

SERVES 4 • TAKES 20 MINUTES (SOAKING TAKES 2 HOURS)



NUTRIENTS	PER SERVING
Energy	58kcal
Carbohydrate	7.0g
Protein	3.0g
Total Fat	2.0g
Saturated Fat	0.5g
Dietary Fibre	4.0g
Sodium	405mg

95g mung dal (split green gram)
1 green chilli, finely chopped
100g Chinese spinach, finely chopped
1 tsp cumin seeds
½ tsp salt
¼ cup plain low-fat yoghurt
100ml water
cooking oil, for brushing

Rinse the mung dal under running water until the water runs clear. Soak it in water for about 2 hours.

Drain the mung dal and add it to a blender along with the green chilli, Chinese spinach, cumin seeds, salt, yoghurt and water. Blend until the batter is smooth and of medium pouring consistency—not too thick or thin.

Heat a non-stick pan over medium heat. Pour a ladleful of batter onto the pan and spread it in a circular motion to form an 8-12cm pancake.

Cover with a lid and cook on low to medium heat for 1-2 minutes until cooked through. For a crispier texture, flip and cook until brown spots appear on the other side.

Repeat with the remaining batter.

Serve hot with chutney, plain yoghurt, raita or a side salad.

QUICK TIPS

- For added flavour and texture, sprinkle Paneer Bhurji (page 121), crumbled paneer or fresh corn kernels on top.
- Mung dal (or moong dahl) is rich in protein and fibre and has a low glycaemic index, promoting satiety and helping manage blood sugar levels.



Dry Chana Dal

SERVES 4 • TAKES 25 MINUTES (SOAKING TAKES 2 HOURS)



NUTRIENTS	PER SERVING
Energy	111kcal
Carbohydrate	15.0g
Protein	5.0g
Total Fat	4.0g
Saturated Fat	0.0g
Dietary Fibre	4.0g
Sodium	304mg

80g chana dal (split chickpeas),
soaked for 2 hours then
drained

1 tbsp olive oil

1 tsp cumin seeds

100g red onions, finely
chopped

1 green chilli, deseeded and cut
into thin strips

¼ tsp turmeric powder

½ tsp salt

100–125ml water

80g tomatoes, diced

½ tsp garam masala

juice of ½ lime

fresh herbs (mint or coriander)

Rinse the chana dal under running water until the water runs clear. Soak it in water for about 2 hours.

Heat the oil in a pan over medium heat. Add cumin seeds and let them splutter. Add the onions and sauté until translucent.

Add the soaked chana dal, chilli and turmeric powder. Mix well, then add salt and water.

Cover and cook on low heat for 10–15 minutes until the chana dal is soft and cooked through.

Add the diced tomatoes and garam masala powder. Cook for 1 minute.

Add lime juice and garnish with fresh herbs. Serve hot.

QUICK TIPS

- Use fresh herbs and citrus juices such as lemon or lime to add flavour without extra sodium.
- Tomatoes and aromatics (onions, ginger or garlic) contribute a savoury depth and boost the umami taste of the dish.



Green Mung Sprout Chaat

SERVES 1 • TAKES 15 MINUTES



NUTRIENTS	PER SERVING
Energy	52kcal
Carbohydrate	5.8g
Protein	4.8g
Total Fat	0.5g
Saturated Fat	0.2g
Dietary Fibre	3.0g
Sodium	33mg

Heat the oil in a pan over medium heat and stir-fry the green bean sprouts with the asafoetida, cumin powder and green chilli. Let it cool.

Add the tomatoes, capsicum and grated carrots to the cooled mixture.

Gently toss everything together until evenly combined.

Serve at room temperature or chilled. Top with yoghurt for a creamy texture and garnish with mint leaves before serving.

QUICK TIPS

- Asafoetida is a spice used in some Muslim and Indian ethnic dishes, sometimes known as hing.
- Add chopped fresh herbs like coriander or mint and a squeeze of citrus juice (lemon or lime) for added freshness and flavour.
- Enhance the flavour by adding roasted peanuts or toasted pumpkin seeds to the chaat.

1 tsp cooking oil
100g green bean sprouts
1g asafoetida (hing)
5g cumin powder
1 green chilli, chopped
15g cherry tomatoes, halved
20g yellow and red capsicum,
diced
15g carrots, grated

To serve

25g plain low-fat yoghurt
mint leaves (optional)



Fish Masala

SERVES 2 • TAKES 35 MINUTES



NUTRIENTS	PER SERVING
Energy	199kcal
Carbohydrate	6.0g
Protein	21.0g
Total Fat	10.0g
Saturated Fat	1.0g
Dietary Fibre	1.0g
Sodium	454mg

15ml cooking oil
100g red onions, chopped
10g ginger garlic paste
50g tomatoes, diced
¼ tsp salt
10g chilli powder
10g garam masala
200g batang fish steaks
fresh coriander or curry leaves
for garnish

Heat the oil in a pan over medium heat and stir-fry the onions until soft.

Add the ginger garlic paste and tomatoes, and cook until the tomatoes soften.

Stir in the salt, chilli powder and garam masala, and sauté until the raw flavour goes away.

Add a little water if the mixture becomes too dry, then add the fish steaks.

Simmer the fish until fully cooked. Avoid overcooking the fish.

Garnish with coriander or curry leaves and serve with hot rice.

QUICK TIPS

- Squeeze fresh lime juice over the dish for added flavour before serving.
- You can substitute batang fish with other types of fish or prawns.

“Growing up in a family with a history of diabetes, I always expected I might one day face that same challenge. But when the diagnosis came at a young age, it was still daunting and left me feeling uncertain about how to properly manage my diet going forward. However, I’ve since learnt that managing my diet doesn’t have to be complicated. Quick salad recipes like the ones in this book, using ingredients I can easily find at my local supermarket, only take 15 minutes to prepare—fitting easily into my busy lifestyle. By enjoying the food I eat, while being mindful of the types of ingredients I use, I’ve been able to significantly improve my blood sugar levels and maintain better control over my health.”

June

Early childhood educator

Snacks





Mini Beef Burritos

SERVES 10 • TAKES 40 MINUTES



NUTRIENTS	PER SERVING
Energy	161kcal
Carbohydrate	23.2g
Protein	10.1g
Total Fat	3.0g
Saturated Fat	0.9g
Dietary Fibre	2.0g
Sodium	303mg

For the filling

300g lean minced beef (90% lean or higher)
100g yellow onion, diced
100g capsicum, diced
3 cloves garlic, minced
15g taco seasoning
1 tsp ground white pepper
½ tsp salt
100g canned black beans, drained and rinsed

To serve

375g mini wholegrain or multigrain tortillas
100g salsa (home-made or store-bought)
100g lettuce, shredded

In a skillet over medium heat, cook the beef until browned. Remove from the skillet and set aside. Drain any excess fat.

Add the onion and capsicum to the skillet. Cook until softened.

Add the garlic and cook until fragrant.

Return the cooked beef to the skillet. Sprinkle with the taco seasoning, white pepper and salt. Stir well to combine.

Stir in the black beans and cook for 2–3 minutes or until heated through.

Warm the tortillas according to the package instructions.

Spoon the beef and vegetable mixture onto each tortilla.

Top with salsa and lettuce.

Fold the sides of the tortilla over the filling, then roll it up to form a burrito.

QUICK TIPS

- Use different proteins like shrimp, tofu or chicken to suit your dietary preferences.
- Adjust the amount of taco seasoning to your taste. Add chilli powder for more spice, if desired.
- For added vitamins and minerals, try using a variety of coloured capsicum or spinach.

Oriental Fruit Salad

SERVES 8 • TAKES 10 MINUTES



NUTRIENTS	PER SERVING
Energy	147kcal
Carbohydrate	34.4g
Protein	2.0g
Total Fat	0.5g
Saturated Fat	0.0g
Dietary Fibre	3.2g
Sodium	19mg

- 1 pomelo, peeled and segmented
- 5 mandarin oranges, peeled and segmented
- 5 kumquats, sliced thinly
- 1 can lychee, drained
- 1 can cubed pineapple, drained
- ¼ cup goji berries (wolfberries)
- ¼ cup orange juice
- ¼ cup honey
- 1 tsp cloves
- 5cm cinnamon stick
- 3 star anise pods

Combine the fruits in a medium serving bowl. Cover and chill in the fridge.

In a small pan over medium heat, combine the orange juice, honey, cloves, cinnamon stick and star anise. Remove from the heat and let it cool to infuse the flavours.

Just before serving, drizzle the cooled syrup over the fruit salad.

Toss to combine and serve immediately.

QUICK TIPS

- Add fresh mint leaves for an extra burst of flavour before serving.
- To enhance the syrup's aroma, lightly toast the cloves, cinnamon stick and star anise before adding the orange juice and honey.
- Adjust the amount of honey if you prefer a less sweet salad.

Fresh Tomato Bruschetta

MAKES 12 • TAKES 10 MINUTES



NUTRIENTS	PER SERVING
Energy	54kcal
Carbohydrate	8.5g
Protein	2.1g
Total Fat	1.2g
Saturated Fat	0.3g
Dietary Fibre	1.2g
Sodium	49mg

Toast the bread slices on a frying pan until lightly browned.

Rub the halved garlic on the warm bread slices, if desired.

In a medium bowl, mix the tomatoes, basil, parsley, balsamic vinegar or lemon juice, cooking oil, minced garlic (if using) and black pepper.

Spoon the mixture evenly over the toasted bread and serve immediately.

QUICK TIPS

- Substitute wholemeal bread with sourdough or rye bread for variety.
- To prevent the bread from becoming soggy, halve the tomatoes and scoop out the pulp and seeds with a spoon before dicing.
- Drizzle a little extra virgin olive oil over the bruschetta for enhanced flavour.
- For a more intense flavour, add an extra minced garlic clove to the tomato mixture.
- Lightly brush the bread with olive oil before toasting for extra crispiness.

6 slices wholemeal bread, cut diagonally into 12 slices
4 cloves garlic (1 halved, 3 minced) (optional)
6 tomatoes, diced, or 1 (400g) can diced tomatoes (no salt added)
4 tbsp basil, chopped
2 tbsp fresh parsley, chopped
2 tbsp balsamic vinegar or lemon juice
2 tsp cooking oil
2 tsp black pepper



Muah Chee

MAKES 3 • TAKES 1 HOUR



NUTRIENTS	PER SERVING
Energy	286kcal
Carbohydrate	44.0g
Protein	3.9g
Total Fat	10.7g
Saturated Fat	1.5g
Dietary Fibre	1.4g
Sodium	25mg

2 shallots, sliced
1½ tbsp cooking oil
15g ground peanuts
2g white and black sesame seeds, roasted
55g sugar
105ml water
75g glutinous rice flour, sifted
18g wholemeal flour, sifted

Fry the shallots in the oil over low heat until golden brown. Strain the shallots, reserve the shallot oil and set the shallots aside.

Mix the peanuts, sesame seeds and sugar together.

Add water to the glutinous rice flour and wholemeal flour. Mix until the dough is smooth, then mix in ½ of the shallot oil.

Grease a bowl with the shallot oil and pour in the muah chee batter. Steam for 25–35 minutes until cooked through. Allow to cool for 10 minutes.

Cut a portion of the steamed muah chee using greased scissors and tongs.

Place it onto the peanut-sesame mixture, cut it into bite-sized pieces and coat thoroughly.

Sprinkle more peanut-sesame mixture onto a plate, place the muah chee on top and finish with sesame seeds.

QUICK TIPS

- Taste the peanut-sesame mixture and adjust the sugar to suit your preference.
- To prevent sticking, grease the scissors and tongs with a little shallot oil before cutting the muah chee.



Baked Curry Puffs

SERVES 8 • TAKES 1 HOUR 30 MINUTES



NUTRIENTS	PER SERVING
Energy	259kcal
Carbohydrate	27.8g
Protein	9.5g
Total Fat	12.4g
Saturated Fat	2.3g
Dietary Fibre	3.0g
Sodium	390mg

For the pastry puff

250g plain flour
75g margarine or butter
90ml water
5g salt

For the chicken filling

150g boneless, skinless chicken thigh, cut into small cubes
20g curry powder
½ tsp salt
1 tbsp canola oil
2 shallots, sliced
150g potatoes, cut into small cubes
130ml water

For the egg wash

1 egg, beaten

For the pastry puff, combine the flour and margarine or butter in a large bowl. Knead until the mixture resembles breadcrumbs. Add the water and salt, then knead until a soft dough forms. Let it rest for 30 minutes.

For the chicken filling, marinate the chicken cubes with 10g of the curry powder and salt for at least 1 hour. Heat the oil in a non-stick pan and stir-fry the shallots until fragrant. Add the marinated chicken and potatoes, and stir-fry until half-cooked. Add the remaining curry powder and stir-fry for 1 minute. Pour in the water, cover and cook on low heat until the liquid reduces. Turn off the heat and let the filling cool completely.

Preheat the oven to 200°C. Roll out the dough and cut circles using a 15cm round cutter. Place about 2 tablespoons of filling in the centre of each pastry circle. Fold the pastry over the filling and pinch the edges to seal. Arrange the curry puffs on a baking tray and brush the tops with the egg wash. Bake for 20 minutes or until golden brown.

QUICK TIPS

- Ensure the filling is completely cool before placing it on the pastry to prevent sogginess.
- For a spicier filling, add chopped green chillies or extra curry powder to the chicken mixture.
- The egg wash gives the curry puffs a glossy, golden finish after baking.



Tauhu Goreng

SERVES 4 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	277kcal
Carbohydrate	18.6g
Protein	21.7g
Total Fat	13.3g
Saturated Fat	2.3g
Dietary Fibre	8.1g
Sodium	380mg

700g tau kwa, cubed
15g unsalted roasted peanuts
32g green chilli, roughly chopped
20g red chilli, roughly chopped
5 cloves garlic, peeled
2 tsp dark soy sauce
3 tsp sweet soy sauce
120ml water
20ml lime juice

To serve

200g bean sprouts, blanched
400g cucumber, thinly sliced
red chilli, thinly sliced
(optional)
spring onions, thinly sliced
(optional)

Preheat the oven to 180°C. Bake the tau kwa for 10 minutes, then set aside.

Blend the peanuts, green chilli, red chilli and garlic in a blender for 20 seconds.

In a small bowl, mix the dark soy sauce, sweet soy sauce, water and lime juice.

Stir the blended chilli mixture into the sauce until well combined.

Arrange the baked tau kwa on a serving plate, top with the bean sprouts and cucumber and drizzle with the spicy sweet sauce. Garnish with the red chilli and spring onions, if desired. Serve immediately.

QUICK TIPS

- For added flavour, marinate the tau kwa in a little soy sauce before baking.
- Taste the sauce and adjust the seasoning as needed—add more lime for acidity, sweet soy sauce for sweetness or dark soy sauce for a deeper colour and flavour.
- To prevent sticking, grease the baking tray or use parchment paper.



Spiced Potato and Pea Muffins

SERVES 4 • TAKES 50 MINUTES



NUTRIENTS	PER SERVING
Energy	180kcal
Carbohydrate	14.7g
Protein	3.6g
Total Fat	3.7g
Saturated Fat	0.2g
Dietary Fibre	3.9g
Sodium	108mg

600g potatoes, peeled
4 tsp cooking oil
100g yellow onion, finely minced
20g garlic, finely minced
4 tsp ginger, grated
20g fresh coriander, finely minced
20g curry powder
20g paprika
salt, to taste
15ml water
120g green peas

For the garnish

5 cherry tomatoes, quartered
chervil leaves

In a large pot, bring $\frac{1}{2}$ a pot of water to a boil over medium-high heat. Add the potatoes and cook for 15–20 minutes until soft.

Transfer the potatoes to a large bowl and mash them using a masher.

Preheat the oven to 200°C.

In a large skillet over medium-high heat, heat the oil and sauté the onion for 3–5 minutes until soft. Add the garlic and ginger, and fry until golden brown and fragrant.

Add the coriander, curry powder, paprika, salt and water. Stir well to combine.

Add the green peas, stir to coat evenly and cook for about 2 minutes. Remove the skillet from the heat and mix the contents into the mashed potatoes using a spatula.

Scoop the mixture into a non-stick or lightly greased muffin tin. Bake for 10 minutes or until golden brown.

Let the muffins cool on a wire rack for at least 10 minutes. Remove them from the tin, garnish with cherry tomatoes and chervil leaves, and serve.

QUICK TIPS

- Green peas can be replaced with diced carrots or capsicum.
- Cut potatoes into smaller pieces to reduce boiling time.
- For a crispier top, brush the muffins with a little oil before baking.
- Adjust the spices to suit your taste preferences.



Tuna Garden Salad

SERVES 2 • TAKES 25 MINUTES



NUTRIENTS	PER SERVING
Energy	121kcal
Carbohydrate	11.7g
Protein	10.1g
Total Fat	3.7g
Saturated Fat	0.7g
Dietary Fibre	2.7g
Sodium	92mg

In a medium bowl, combine the tuna, green apple, green capsicum, cherry tomatoes, shallots, turnip, red chilli, chilli padi and torch ginger.

Add the lime juice and fish sauce to the bowl. Toss well until all ingredients are evenly coated.

Transfer to a serving plate and garnish with the roasted peanuts and mint leaves. Serve immediately.

QUICK TIPS

- For a non-spicy option, omit the red chilli and chilli padi. Add a sprinkle of pepper for a mild kick.
- To prevent apple slices from browning, toss them with a bit of lime juice before mixing.
- For extra crunch, add a handful of fresh lettuce or cucumber slices to the salad.

60g canned tuna in water,
drained

60g green apple, thinly sliced

60g green capsicum, thinly
sliced

30g cherry tomatoes, halved

2 shallots, finely chopped

14g turnip, thinly sliced

1 red chilli, thinly sliced

10g chilli padi, thinly sliced

1/8 thumb-sized torch ginger
bud, thinly sliced

2 tsp lime juice

1/2 tsp fish sauce

For the garnish

10g roasted peanut, coarsely
pounded

2g mint leaves, cut into strips

Apple Sauce Oatmeal Muffins

MAKES 12 • TAKES 40 MINUTES



NUTRIENTS	PER SERVING
Energy	93kcal
Carbohydrate	17.0g
Protein	3.4g
Total Fat	1.5g
Saturated Fat	0.0g
Dietary Fibre	3.2g
Sodium	176mg

- 1 cup rolled oats
- 1 cup low-fat milk or reduced sugar or unsweetened soy milk
- cooking spray, for greasing
- ½ cup unsweetened apple sauce
- 1 egg
- 1 cup wholemeal flour
- ½ cup brown or palm sugar
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- nuts, corn, raisins or other fruits (optional)
- 1 tsp cinnamon powder
- 1 tsp sugar

Soak the oats in milk for about one hour. Preheat the oven to 180°C. Spray a muffin pan with cooking spray.

Combine the oat mixture with the apple sauce and egg. Mix until well combined.

In a separate bowl, whisk together the flour, sugar, baking powder, baking soda and salt. Add the wet ingredients to the dry ingredients and mix until just combined. If using nuts, corn, raisins or other fruits, fold them in gently. Do not overmix to avoid tough muffins.

Spoon the batter into the muffin pan. Mix the cinnamon and sugar, and sprinkle on top of each muffin.

Bake for 20–25 minutes or until a toothpick inserted comes out clean. Remove from the pan and let it cool.

QUICK TIPS

- These muffins can be frozen and reheated in the microwave for a quick breakfast.
- For added flavour, mix in a teaspoon of vanilla extract with the wet ingredients.
- To increase sweetness, gently fold in fresh fruits like blueberries, strawberries or diced apples. Be careful not to overmix.
- Add nutrition by incorporating finely grated vegetables like carrots. Squeeze out any excess moisture before adding the grated vegetables to the batter.

Oatmeal Raisin Cookies

MAKES ABOUT 35 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	46kcal
Carbohydrate	9.6g
Protein	1.3g
Total Fat	0.5g
Saturated Fat	0.1g
Dietary Fibre	1.0g
Sodium	66mg

1 cup wholemeal flour
1½ tsp cinnamon powder
1½ tsp baking powder
½ tsp baking soda
½ tsp salt
1 egg
1 tsp vanilla extract
½ cup low-fat milk
½ cup brown sugar or honey
1 cup unsweetened apple sauce
1¾ cups quick-cooking oats
1 tbsp water
65g raisins

In a bowl, sift together the flour, cinnamon, baking powder, baking soda and salt.

In another bowl, beat the egg, vanilla, milk and sugar. Add the apple sauce and mix well.

Add the oats and sifted dry ingredients to the wet mixture and mix until combined. Add water if the dough is too dry or cracks start to appear. Fold in the raisins.

Preheat the oven to 165°C. Line a baking tray with a cookie sheet. Form the batter into balls (about 1 tablespoon each) and place them on the sheet. Press down lightly.

Bake for 10–15 minutes or until golden brown and firm to the touch. Remove from the tray and let it cool.

QUICK TIPS

- Low-fat milk can be replaced with soy or almond milk.
- Substitute dried cranberries for raisins if preferred.
- For a crunchier texture, add a handful of chopped nuts or seeds to the batter.
- Store cookies in an airtight container to keep them fresh longer. The dough can also be frozen for up to three months.

Peanut Butter Cookies

MAKES ABOUT 30 • TAKES 30 MINUTES



NUTRIENTS	PER SERVING
Energy	85kcal
Carbohydrate	8.7g
Protein	3.0g
Total Fat	4.6g
Saturated Fat	1.0g
Dietary Fibre	0.8g
Sodium	92mg

250g creamy peanut butter
70g brown sugar
1 large egg
½ cup apple sauce
1 tsp vanilla extract (optional)
125g self-raising flour
45g rolled oats

Preheat the oven to 180°C. Line a cookie sheet or baking tray with parchment paper.

In a large bowl, cream together the peanut butter, sugar, egg, apple sauce and vanilla extract (if using) until well combined.

Add the flour and oats, and stir until just combined.

Drop tablespoonfuls of dough onto the prepared tray, spacing them 5cm apart. Press down lightly with a fork to create a crosshatch pattern.

Bake for 10 minutes or until the cookies are just set. Avoid overbaking; the cookies should not turn brown.

Remove the cookies from the oven and let the cookies cool on the tray for 10 minutes before transferring them to a wire rack to cool completely.

QUICK TIPS

- For added texture, mix in a handful of dark chocolate chips or chopped nuts to the dough.
- Chill the dough for 15–30 minutes before baking to help the cookies hold their shape better.

Spinach Quiche

SERVES 6 • TAKES 50 MINUTES



NUTRIENTS	PER SERVING
Energy	175kcal
Carbohydrate	9.5g
Protein	13.0g
Total Fat	9.9g
Saturated Fat	3.7g
Dietary Fibre	2.0g
Sodium	322mg

5 eggs
½ cup low-fat milk or
unsweetened soy milk
1 tbsp cooking oil
¼ tsp ground black pepper
¼ tsp salt
½ tsp mixed Italian herbs
(optional)
1 cup frozen spinach, chopped
1 medium carrot, grated or
shredded
1 medium zucchini, shredded
125g reduced-fat Cheddar or
mozzarella cheese, grated
4 tbsp flour

Preheat the oven to 180°C. Lightly grease a large baking tray.

In a large bowl, whisk together the eggs, milk, oil, pepper, salt and herbs (if using) until thoroughly combined.

Add the spinach, carrot, zucchini, cheese and flour, and mix well.

Pour the mixture into the prepared tray and cover with foil. Bake for 40 minutes or until set.

Remove from the oven and cool on a wire rack for 10 minutes before slicing and serving.

QUICK TIPS

- Ensure the frozen spinach is fully thawed and squeeze out any excess water before adding it to the mixture. You can also add other vegetables like capsicum, cooked broccoli, mushrooms or onions.
- For extra protein, add a can of tuna in water and serve with rice to make it a complete meal.
- For a crispier top, remove the foil during the last 10 minutes of baking.

Wholegrain Banana Loaf

SERVES 12 • TAKES 1 HOUR



NUTRIENTS	PER SERVING
Energy	99kcal
Carbohydrate	21.0g
Protein	3.0g
Total Fat	0.8g
Saturated Fat	0.2g
Dietary Fibre	0.7g
Sodium	190mg

cooking spray
180g wholemeal flour
1½ tsp baking powder
½ tsp baking soda
½ tsp salt
½ tsp cinnamon powder
(optional)
⅓ cup sugar
1 large egg, beaten
240g small ripe banana,
mashed
½ cup unsweetened
apple sauce
⅓ cup low-fat milk or
reduced-sugar soy milk
¾ tsp pure vanilla extract
(optional)
¼ cup raisins (optional)
½ cup walnuts, chopped
(optional)

Preheat the oven to 180°C. Coat a 23cm × 13cm × 8cm loaf pan with the cooking spray.

In a bowl, combine the flour, baking powder, baking soda, salt and cinnamon powder (if using). Stir with a fork to mix.

In another bowl, mix the sugar and egg. Add the bananas, apple sauce, milk and vanilla extract (if using). Stir well.

Add the flour mixture to the wet ingredients. Stir until all the flour mixture is absorbed. Fold in the raisins and nuts, if desired.

Pour the batter into the prepared pan. Bake for about 45 minutes or until a toothpick inserted in the centre comes out clean.

Cool the loaf on a wire rack for 10 minutes. Remove from the pan and let it cool completely before slicing.

QUICK TIPS

- Use very ripe bananas for the best flavour and natural sweetness.
- Avoid overmixing the batter to keep the bread light and fluffy.
- For a lighter texture, substitute half the wholemeal flour with plain flour.

Fruit Cake

SERVES 15 • TAKES 1 HOUR



NUTRIENTS	PER SERVING
Energy	200kcal
Carbohydrate	33.0g
Protein	4.5g
Total Fat	6.7g
Saturated Fat	0.7g
Dietary Fibre	3.7g
Sodium	62mg

150g golden raisins
150g dried cranberries
150g sultanas
½ cup unsweetened apple sauce
zest and juice of 1 medium orange or 125ml orange juice (no sugar added)
1 tsp vanilla extract
1 cup wholewheat pastry flour or fine wholemeal flour
1 cup almond meal or almond flour
1 tsp cinnamon powder
½ tsp baking soda
½ tsp baking powder
2 eggs, well beaten
1 tbsp lemon or lime juice (optional)
55g walnuts, chopped or crushed

Preheat the oven to 160°C. Line a 23cm × 13cm × 8cm loaf pan with baking paper.

In a medium bowl, combine the dried fruit, apple sauce, orange zest and juice, and vanilla. Let it soak for 15–20 minutes.

In a large bowl, mix the wholemeal flour, almond meal, cinnamon, baking soda and baking powder.

Add the eggs and lemon or lime juice to the fruit mixture and mix well. Pour the fruit mixture into the dry ingredients and stir until combined. Fold in the walnuts.

Pour the batter into the prepared pan. Bake for 45 minutes to 1 hour or until a toothpick inserted in the centre comes out clean.

Let the fruit cake rest for 30 minutes before removing it from the pan. Serve.

QUICK TIPS

- Soaking the dried fruit beforehand plumps it up, enhancing the cake's texture.
- Add a tablespoon of chia seeds or flaxseeds to the dry ingredients for extra nutrients.
- Mix the batter until the ingredients are just combined to avoid a dense cake.

Papaya Mint Salad

SERVES 8 • TAKES 10 MINUTES



NUTRIENTS	PER SERVING
Energy	64kcal
Carbohydrate	15.0g
Protein	1.0g
Total Fat	0.4g
Saturated Fat	0.1g
Dietary Fibre	3.0g
Sodium	17mg

1 medium papaya, peeled
½ cup fresh mint leaves
⅓ cup pickled ginger, sliced
juice of 1-2 limes

Cut the papaya into half and scoop out the seeds with a spoon. Cut the papaya into large cubes.

In a bowl, combine the papaya, mint leaves and pickled ginger.

Just before serving, drizzle with lime juice.

QUICK TIPS

- Pickled ginger adds a tangy, slightly spicy flavour. For a milder option, substitute with finely minced or grated fresh ginger.
- Use ripe but firm papaya for the best flavour and texture.
- Refrigerate the papaya and ginger mixture for at least 30 minutes before serving for a refreshing treat.
- Add tropical fruits like mango or pineapple for a more varied fruit salad.

Tzatziki Dip with Vegetables

SERVES 15 • TAKES 1 HOUR



NUTRIENTS	PER SERVING
Energy	64kcal
Carbohydrate	15.0g
Protein	1.0g
Total Fat	0.4g
Saturated Fat	0.1g
Dietary Fibre	3.0g
Sodium	17mg

In a bowl, combine all the tzatziki ingredients and mix well. Refrigerate until ready to serve.

Soak 8 wooden skewers in cold water to prevent burning.

Thread the vegetables onto the skewers and brush lightly with oil.

Cook on a pre-heated grill over medium heat for 10 minutes. Turn frequently to avoid burning.

Serve the grilled vegetables with the tzatziki dip.

For the tzatziki dip

- 1 cup plain low-fat or fat-free yoghurt
- 1 small Japanese cucumber, peeled and finely chopped
- 1 clove garlic, crushed
- 1 tbsp chopped mint or dill
- 1 tbsp freshly squeezed lemon juice
- a pinch of ground black pepper
- a pinch of salt

For the roasted vegetables

- 4 small sweet potatoes, cubed
- 2 zucchinis, cubed
- 1 red capsicum, cubed
- 8 brown or white button mushrooms
- 8 cherry tomatoes
- 1 tbsp cooking oil

QUICK TIPS

- You can use other vegetables like eggplant, broccoli or onions.
- To prevent watery tzatziki, place the chopped cucumber in a strainer, sprinkle with a little salt and let it sit for 10 minutes, then squeeze out excess moisture.
- Adjust the amount of garlic and herbs in the tzatziki to suit your taste.



Nutribars

SERVES 2 • TAKES 2 HOURS 30 MINUTES



NUTRIENTS	PER SERVING
Energy	125kcal
Carbohydrate	9.7g
Protein	3.8g
Total Fat	8.0g
Saturated Fat	1.1g
Dietary Fibre	2.0g
Sodium	394.6mg

16g dates, pitted
15ml (1 tbsp) hot water
16g cashew nut
16g almonds
6g walnuts
4g pistachio
4g unsalted peanuts
6g pumpkin seeds
2g cardamom powder
6g rolled oats
2g salt

Soak the dates in hot water for 2 hours. Blend into a smooth paste with the soaking water. Set aside.

Dry-roast the nuts and seeds over low heat until crunchy. Allow them to cool.

Roast the oats over medium heat, then blend into a fine powder.

In a pan, sauté the date paste over medium heat for 5 minutes or until it thickens.

Add all the roasted nuts, cardamom powder, oats and salt to the pan.

Turn off the heat and mix thoroughly to combine.

Transfer the mixture to a baking paper-lined tray.

Use a spatula to press the mixture firmly into a block.

Cover and refrigerate for 1 hour to set.

Remove from the tray and cut into desired pieces.

QUICK TIPS

- For a finer texture, sift the blended oat powder to remove larger pieces.
- Add a splash of vanilla extract while soaking the dates to enhance their flavour.
- Press the mixture firmly to ensure it holds together well once set.

Rojak

SERVES 4 • TAKES 20 MINUTES



NUTRIENTS	PER SERVING
Energy	140kcal
Carbohydrate	19.2g
Protein	3.6g
Total Fat	5.8g
Saturated Fat	0.2g
Dietary Fibre	4.0g
Sodium	163mg

3 tsp tamarind (assam) paste
40ml hot water
80g sambal rojak paste
1 tbsp brown or white sugar
3 tbsp ground peanuts
60g pineapple, sliced
40g guava, sliced
40g green mango, sliced
80g cucumber, sliced
2 red chilli padi, deseeded and sliced
¼ torch ginger bud, finely sliced

In a medium mixing bowl, combine the tamarind paste and water. Remove any tamarind seeds.

Add the sambal rojak paste, sugar and ½ of the peanuts to the tamarind mixture. Mix well.

Add the pineapple, guava, mango, cucumber, chilli padi and torch ginger. Toss to coat evenly.

Transfer to a plate and top with the remaining peanuts. Serve immediately.

QUICK TIPS

- You can add other ingredients like thinly sliced apple, tau kwa or bean sprouts.
- Adjust the sweetness and spiciness by varying the amount of sugar and chilli padi.
- For added texture, sprinkle toasted sesame seeds along with the peanuts.

“Being the last male in my family without diabetes, I’m conscious about what I eat. I focus on fresh, unprocessed ingredients and try to add flavour without relying on salt. I also enjoy experimenting with different spice mixes I’ve collected from my travels. Living in Singapore, we’re fortunate to have easy access to a variety of nutritious ingredients. Managing health through diet is achievable and needn’t be expensive. It’s more about discipline and gradual change. I’m in better health now than I was a decade ago, and it’s because I’ve learnt to balance. As someone who doesn’t cook often, I was excited to try these recipes. I was surprised to see healthy versions of typically carb-heavy dishes like Nasi Biryani (page 69) and even cake. It’s refreshing to have a cookbook designed with health in mind, as I would otherwise find recipes online and adjust them—but they don’t always work out or taste as good. I love tasty food, so it was tough to change my eating habits at first. But here’s the thing—you can still enjoy good food while taking care of your health. It’s all about balance. If you’re just starting out, take it slow. You won’t see changes overnight, but that’s okay. It’s a journey.”

Gabriel Ng

Public servant

Desserts





Barley Beancurd Ginkgo Nuts

SERVES 4 • TAKES 45 MINUTES



NUTRIENTS	PER SERVING
Energy	260kcal
Carbohydrate	31.3g
Protein	16.7g
Total Fat	7.8g
Saturated Fat	0.5g
Dietary Fibre	3.7g
Sodium	12mg

90g pearl barley
100g dried beancurd sheet
1200ml water
20g pandan leaves
200ml reduced-sugar high calcium soy milk with almond
40g ginkgo nuts, boiled
6g dried goji berries (wolfberries)
8g sugar

Soak the barley in water for 1 hour. Soak the beancurd sheets for 5 minutes, then break into smaller pieces.

Boil the water, barley and pandan leaves in a pot. Reduce the heat to a simmer, cover and cook for 15 minutes.

Add the soy milk and stir. Keep the pot uncovered and simmer for another 15 minutes.

Add the beancurd sheets, ginkgo nuts and goji berries. Stir and simmer for 10 more minutes.

Add the sugar, stir and simmer for 5 minutes.

Remove the pandan leaves.

Serve hot or cold, garnished with ginkgo nuts, beancurd sheet and goji berries.

QUICK TIPS

- This dessert is a good source of protein and is vegan friendly.
- Soaking the barley helps it cook faster and become more tender.
- Stir well after adding soy milk to prevent curdling.
- This reduced-sugar recipe is enhanced by pandan leaves and goji berries.



Tofu Pudding

SERVES 1 • TAKES 20 MINUTES (4 HOURS TO SET)



NUTRIENTS	PER SERVING
Energy	139kcal
Carbohydrate	7.2g
Protein	13.9g
Total Fat	5.6g
Saturated Fat	1.0g
Dietary Fibre	1.6g
Sodium	15mg

100g silken tofu, cut into large cubes

95g unsweetened soy milk

2g sugar

15ml boiled water

2g gelatin

2g vanilla extract

For the garnish

goji berries (wolfberries)

In a blender, combine the silken tofu cubes, soy milk and sugar. Blend on low for 10–15 seconds until smooth.

Mix the boiled water with the gelatin in a small bowl until completely dissolved.

Pour the blended mixture into a medium bowl and add the vanilla extract. Whisk to combine.

Pour the mixture into a glass jar and refrigerate for at least 4 hours or preferably overnight.

Once chilled and set, garnish with the goji berries and serve.

QUICK TIPS

- If short on time, refrigerate the tofu pudding for at least 4 hours. For the best texture and firmness, refrigerate overnight.
- For added flavour and texture, try topping with chopped fresh fruit, a drizzle of honey or a sprinkle of nuts.



Harum Manis

MAKES 12 • TAKES 40 MINUTES



NUTRIENTS	PER SERVING
Energy	165kcal
Carbohydrate	22.2g
Protein	5.6g
Total Fat	6.5g
Saturated Fat	0.9g
Dietary Fibre	3.5g
Sodium	163mg

480g ripe banana
240g wholemeal flour, sifted
1 tsp baking powder
½ tsp baking soda
½ tsp salt
5g cinnamon powder
180g egg, beaten
5g vanilla essence
130ml low-fat milk
3½ tbsp cooking oil

For the garnish
banana, sliced

Preheat the oven to 175°C and place muffin cups in a muffin tray.

In a large bowl, mash the bananas. Bake them in the oven for 5 minutes to soften.

In another bowl, combine the wholemeal flour, baking powder, baking soda, salt and cinnamon.

In a separate bowl, whisk the eggs, then add the mashed bananas, vanilla essence, low-fat milk and oil. Mix well.

Gradually add the dry ingredients to the wet mixture, stirring with a whisk until just combined.

Divide the batter into muffin cups, about 35g each, and bake for 15 minutes.

Let the muffins cool for about 10 minutes. Garnish with sliced bananas, if desired, and serve.

QUICK TIPS

- For the best flavour and sweetness, use ripe (or overripe) bananas.
- Add a tablespoon of Greek yoghurt to the wet ingredients for extra moistness.



Steamed Pandan Cake

SERVES 4 • TAKES 2 HOURS 30 MINUTES



NUTRIENTS	PER SERVING
Energy	298kcal
Carbohydrate	36.9g
Protein	14.6g
Total Fat	9.1g
Saturated Fat	2.9g
Dietary Fibre	2.3g
Sodium	143mg

For the pandan juice

20g pandan leaves
70ml water

For the cake

50ml pandan juice
8g pandan essence
150ml low-fat evaporated milk
4 eggs
1 tsp cooking oil
120g all-purpose flour, sifted
40g superfine wholegrain flour, sifted
3 tsp sugar
4g instant yeast
a pinch of salt
4g baking powder

Cut the pandan leaves into small pieces using a pair of scissors. Blend it with the water in a blender on high speed until smooth. Strain the juice into a medium bowl.

In a large mixing bowl, add all the cake ingredients except the baking powder. Whisk well, then sieve the batter into a separate large bowl.

Cover the bowl with cling wrap and let the batter ferment at room temperature for 2 hours or until it doubles in size.

Preheat the steamer and prepare a medium-sized rectangular mould lined with baking paper.

Sift the baking powder into the fermented batter and mix well with a whisk.

Once the water is boiling, pour the batter into the mould and place it in the steamer. Steam on high heat for 30 minutes.

Let the cake cool to room temperature. Remove it from the mould and cut into pieces to serve.

QUICK TIPS

- Use skimmed milk or low-fat milk instead of low-fat evaporated milk to reduce fat content while maintaining moisture and creaminess.
- Keep the batter in a warm place for proper fermentation.
- Glaze the cake with thick gula melaka syrup for a rich, caramel-like sweetness that complements the pandan flavour.
- Line the mould with parchment paper to prevent the batter from sticking.



Matcha Crepes with Mixed Fruit

SERVES 6 • TAKES 35 MINUTES



NUTRIENTS	PER SERVING
Energy	137kcal
Carbohydrate	20.2g
Protein	7.1g
Total Fat	3.1g
Saturated Fat	0.5g
Dietary Fibre	3.3g
Sodium	113mg

For the crepes

120g wholemeal flour

12g matcha powder

1g salt

240g unsweetened almond milk

100g eggs

2 tsp sugar

5g vanilla essence

cooking spray or cooking oil

To serve

60g plain Greek yoghurt

30g kiwi, diced

30g blueberries, diced

30g strawberries, diced

In a mixing bowl, combine the flour, matcha powder and salt. In a separate bowl, whisk together the almond milk, eggs, sugar and vanilla essence. Slowly add the wet ingredients to the dry ingredients, stirring continuously to avoid lumps. Mix until smooth.

Heat a non-stick pan over medium heat and lightly coat it with cooking spray or a small amount of oil. Pour about 60ml (¼ cup) of batter onto the skillet, swirling to spread it evenly. Cook for 1-2 minutes on each side or until the edges are lightly browned. Repeat with the remaining batter.

To serve, spread a thin layer of the yoghurt on each crepe. Add a mixture of the kiwi, blueberries and strawberries in the centre of the crepe. Top with additional berries and serve. If you like, cut in half for serving.

QUICK TIPS

- You can substitute other fruits like mangoes and dragon fruit.
- Almond milk can be replaced with low-fat milk.
- Ensure the skillet is properly heated before adding the batter for even cooking.
- Use a measuring cup to pour the batter for consistently sized crepes.



Fruit Chaat

SERVES 4 • TAKES 10 MINUTES



NUTRIENTS	PER SERVING
Energy	105kcal
Carbohydrate	20.0g
Protein	2.5g
Total Fat	1.0g
Saturated Fat	0.0g
Dietary Fibre	1.7g
Sodium	185mg

1 apple
1 pear
1 mandarin orange
½ dragon fruit
5 strawberries
50g blueberries
¼ tsp white pepper, crushed
½ tsp chaat masala
¼ tsp cumin powder
a pinch of salt
5 mint leaves, finely chopped
1 tsp lemon juice

For the garnish
mint leaves, finely sliced

Dice all the fruits and place them in a large mixing bowl.

Add the pepper, chaat masala, cumin, salt and mint leaves.

Toss until well combined.

Add the lemon juice and mix well.

Refrigerate the fruit chaat for 30 minutes before serving.

Transfer to a serving bowl and garnish with mint leaves, if desired.

QUICK TIPS

- Adding lemon juice helps prevent the fruits from browning.
- Use fresh and ripe fruits for the best flavour and texture.
- Serve with a scoop of Greek yoghurt for added creaminess.
- Adjust the amount of chaat masala and cumin powder to suit your taste.
- For a twist, try adding fresh coriander or basil.

Green Apple and Orange Yoghurt Trifle

SERVES 4 • TAKES 10 MINUTES



NUTRIENTS	PER SERVING
Energy	105kcal
Carbohydrate	32.3g
Protein	14.0g
Total Fat	5.6g
Saturated Fat	0.0g
Dietary Fibre	1.7g
Sodium	185mg

In a clear glass, layer the crushed digestive biscuits, followed by the green apples, then mandarin oranges.

Add a layer of mango yoghurt on top.

Sprinkle the almonds over the yoghurt.

Serve immediately or chill for 1 hour before serving.

QUICK TIPS

- Use plain yoghurt to reduce the sugar content.
- For a visually appealing presentation, create multiple layers of biscuits, fruit and yoghurt.
- Experiment with different fruits like berries, kiwis or bananas for variety.

200g low-fat digestive biscuits, crushed

4 green apples, chopped

2 mandarin oranges, peeled and sliced

500ml low-fat mango yoghurt

50g almonds, lightly toasted

Making the Most of Your Cookbook



Creating Meal Plans

This is one of the rare Asian-food recipe books that gives you the full nutritional breakdown for every dish, providing everything you need to whip up meals that suit your lifestyle and health goals. From energy and protein to fibre and sodium, each recipe has been thoughtfully planned to include ample protein, colourful vegetables and clever adjustments to reduce saturated fat, sugar and sodium—all while preserving the flavours you love.

Here are two sample 1,500-calorie meal plans to show you how you can use this book to plan a day of meals: one with three main meals, and another incorporating two snacks and a meal outside to fuel an active day. These plans are flexible and can be easily adapted by mixing and matching with healthier choices when dining out.

Feel free to customise, swap dishes, adjust portion sizes and mix things up to match your energy needs and personal preferences. Want a side dish to become a main meal? Add some noodles and greens to our Shrimp Wonton Soup (page 85), and voila, dinner is served.

We encourage you to experiment with combinations and adapt the recipes to fit your daily routine. Let this book be your companion in creating wholesome meals that you and your loved ones will savour.

Suggestion 1

BREAKFAST



Mixed Fruit Toast with Scrambled Egg (page 23)
(350 kcal)

Suggestion 2

BREAKFAST



Wholegrain Chicken Chow Mein (page 15)
(390 kcal)

(~1500kcal)

LUNCH



Korean Bibimbap (page 59)
(485 kcal)



Fresh Fruit
(60-80 kcal)



Fusion Seafood Pasta (page 57)
(455 kcal)



Matcha Crepe with
Mixed Fruit (page 129)
(135 kcal)

(~1500kcal)

LUNCH



Ban Mian Soup
(eating out;
ask for less noodles)
(475 kcal)



Tuna Garden Salad (page 145)
(121 kcal)



Millet Biryani (page 79)
(411 kcal)



Fresh Fruit
(60-80 kcal)



Tailoring Meals to Your Calorie Needs

Everyone's energy requirements differ based on factors like age, gender and activity level. Here's how understanding your calorie requirements can benefit you and make the most out of the recipes in this book:

FOR WEIGHT MAINTENANCE

If your goal is to maintain your current weight, this book provides balanced meal options that align with your daily energy needs. Each recipe comes with a clear breakdown of calories and macronutrients, so you can plan meals confidently and maintain a healthy, sustainable diet. Simply match your meals to your energy requirements, and you're good to go!

FOR ACTIVE LIFESTYLES

Are you someone with an active lifestyle, regularly hitting the gym, running marathons or simply always on the move? You likely require a higher calorie intake to fuel your activities. This book includes protein-packed recipes and energy-dense meals that support muscle recovery and keep you energised throughout the day. Use the nutritional breakdown to build your meal plan by adding snacks or increasing portion sizes to meet your extra energy demands.

FOR WEIGHT MANAGEMENT

If you're working towards a calorie deficit for weight loss, this book helps you plan meals that are nutrient-dense yet calorie-conscious. Many recipes are low in saturated fat and sugar, making them ideal for a healthier diet. Use the calorie information to track your intake and mix and match smaller portions or lighter options for meals and snacks that still leave you feeling satisfied.

FOR OLDER ADULTS

As we age, our energy requirements tend to decrease, but our need for high-quality protein, fibre and micronutrients remains crucial. This book is packed with meals tailored to these needs, with plenty of high-protein snacks and fibre-rich options that support muscle health, digestion and overall vitality.

FOR FAMILIES WITH DIVERSE NEEDS

This book is perfect for households with varying calorie needs. For instance, growing teenagers may need higher-calorie meals, while parents or grandparents might prefer lighter portions. Use the recipes to create a variety of meals that cater to everyone's requirements by adjusting portion sizes, pairing mains with sides or incorporating snacks as needed.

Acknowledgements

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