

Healthy local flavours

With some tweaks, local dishes can be nutritional too. We worked with dietitian Kong Woan Fei and chef Mohd Reduan Mohtar from Columbia Asia Hospital for this delicious spread.

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NASI ULAM WITH AYAM PERCIK

Serves 6

Dietician's note: "Other than the rice which is boiled or steamed, everything else is raw in this dish. Ayam percik, on the other hand is grilled or oven baked. It's considered healthy as almost no cooking oil is used to make and the flavours are created with fresh and natural spices and herbs – it's the herbs and the other dry condiments that make this dish absolutely mouth-watering. When

paired with chicken, remove skin from chicken thigh. For those who want to control sodium intake, a sprinkling of salt after cooking enhances the flavour with less salt usage compared to using it during cooking."

Nasi Ulam:

6 cups white rice, cooked
30g long beans, thinly sliced
30g four-angled beans, thinly sliced
30g lotus root, thinly sliced
Salt to taste

Ayam Percik:

6 pieces skinless chicken thigh
10g garlic
20g red chili

10g fresh turmeric, blended
20g red onion
20g lemongrass
100g low fat milk
20g ginger root
Salt to taste
Sugar to taste

Side dish for ulam:

30gm string beans, sliced
30gm four-angled beans, sliced
30gm bean sprouts, thinly sliced
30 gm kesum leaves
30 gm lotus root, thinly sliced

Side dish:

30gm Japanese cucumber, sliced
60gm sweet pineapple, sliced
40gm vinegar
Salt and sugar to taste

1 Blend garlic, onion, lemongrass, ginger, and red chili. On a pan with a drizzle of oil, sauté till brown.

2 Marinate chicken with the sautéed ingredients and leave overnight.

2 Combine low fat milk and fresh turmeric, salt and sugar to the marinated chicken and grill.

3 Cook rice as per usual method.

4 Mix the long beans, four-angled beans, and lotus root into the rice and add salt to taste.

5 Mix the ingredients for the side dish, and separately combine the ulam ingredients to serve.

*** Nutrient analysis per serving:**
427 kcal, 57g carb, 32g protein, 7g fat, 706mg sodium



HAINANESE CHICKEN RICE

Serves 6

Dietian's note: "Consider substituting the standard chicken rice to regular white rice as the former contains too much oil due to the butter used. Choose only lean chicken parts like chicken breast to reduce fat consumption. Remove skin and trim visible fat. Also control the amount of soy sauce to reduce sodium intake."

Rice:

3 cups white rice
10g ginger, julienned
20g garlic, julienned
20g vegetable oil
Salt to taste

Chicken:

6 pieces chicken breast
350ml water
10g ginger, blended
10g garlic, blended
1 stick lemongrass
Salt and pepper to taste

3 side sauces :

Chili- 20g red chili, ½ tsp vinegar (blended)

Ginger - 20g ginger sauce, 5gm corn oil (combined)

15gm soy sauce, 20g sauteed red onion (combined)

Garnishing:

5g carrot, julienned
Spring onion, sliced
Parsley

1 Marinate chicken with blended ginger, garlic, lemongrass, salt and pepper and let sit for 10 - 15 minutes.

2 Boil chicken in 350ml water until tender or for 25 - 35 minutes.

3 Sauté ginger, garlic (strain the oil) and mix into rice, and cook rice with some of the water from Step 2 . Save some of the water for the accompanying soup as well.

4 Prepare the three sauces accordingly; serve chicken and rice with the soup and garnishing.

*** Nutrient analysis per serving:**

407 kcal, 58g carb, 33 g protein, 5 g fat, 553 mg sodium

IDLI AND COCONUT CHUTNEY

Serves 6

Dietician's note: "Idli is a source of soluble fibre. For the coconut chutney, control the amount of coconut used as it contains mostly saturated fat."

Idli

140g whole, skinned urad dal
565g white rice
Salt to taste
Oil for the idli moulds
Water as needed to create the right batter consistency

Chutney (serves 2)

100g roughly chopped fresh coconut, 20g more
10g teaspoon grated ginger
6gm green chili, chopped
12g roasted yellow lentils
10g yoghurt
6g lemon juice
20ml water
Salt to taste

For the Idli:

1 Wash the rice and urad dal. Soak them separately in water for four to five hours.

2 Drain the urad dal but keep the water. Then, grind urad dal with some of the reserved water till it forms a smooth and thick batter with pancake batter consistency.

3 Now, grind the rice with some water to make a smooth batter as in Step 2. Combine both batter in a large bowl, add salt and mix well. Cover and let the batter sit overnight. It should rise in double size. Gently mix the batter. Grease the idli mould and steam for 10 to 15 minutes.

For the chutney (serves 2):

1 Grind 100g chopped fresh coconut in a food processor till it forms a medium coarse paste, and put aside.

2 Blend green chili, roasted yellow lentils, and ginger to a smooth paste.

3 Combine both paste in a blender. Add 20g of the chopped fresh coconut, yoghurt and lemon juice, salt and water. Blend till it forms a medium coarse paste. Add more water to get desired consistency of chutney and blend again.



*** Nutrient analysis per serving (idli):**
214 kcal, 48g carb, 4g protein,
0.5g fat, 158mg sodium, 2g fibre

WAN TAN CHICKEN SOUP

Serves 6

Dietician's note: "When the chicken stock is made from scratch, it's healthy. However, mind the seasoning as too much of it increases the sodium content."

Filling:

Wan Tan skin, 36 medium pieces
20g *sengkuang*, cubed
20g carrot, cubed (leave skin aside)
20g Holland onion, cubed, leave skin aside)
5g corn flour
5g wheat flour
1 egg
10g spring onion, thinly sliced
10g fried onion
500g chicken, minced
120ml water

Sesame oil to taste

Salt to taste

Garnishing:

10g red chili, finely chopped
10g ginger, finely chopped

1 Combine minced chicken, carrot, *sengkuang*, Holland onion, egg, spring onion, fried onion, sesame oil, corn flour, wheat flour and salt to make the filling.

2 Using a teaspoon, scoop

filling onto Wan Tan skin and wrap to create a bundle. Repeat to finish filling.

3 For the soup, combine the carrot and onion skin in a pot, add 120ml of water and let it boil. Drop the filled Wan Tan into the pot and cook for 10 minutes. Serve hot with garnishing.

*** Nutrient analysis per serving:** 512 kcal, 63g carb, 33g protein, 13g fat, 544mg sodium





TANGY RED SNAPPER SOUP WITH LEMON RICE

Serves 6

Dietician's note: "This dish is good for those who want to control their fat and sugar intake. The lemon rice is prepared without the use of butter. Red snapper is a great choice as it is low in calorie and contains Omega-3 oils for cardiovascular health. There is also no added sugar in this

recipe as the sweet flavour comes naturally from the red dates."

Rice:

6 cups white rice, cooked
30g lemon zest
30g orange zest
Salt and white pepper to taste

Fish:

5-6 pieces of red snapper
5gm corn oil
300ml water
60gm fermented Chinese cabbage, julienned
20gm shitake mushroom, julienned

30g red dates, halved
30g lotus root, thinly sliced
1 stick lemongrass, finely chopped
10g ginger, julienned
5g kaffir lime leaves

Side salad:

20g honey pineapple, julienned
20gm Japanese cucumber, julienned
5g yellow raisin, julienned
5g black raisin, julienned

Garnishing:

5 gm mint leaves
5g coriander leaves
5g Thai basil leaves

1 Sauté shitake mushroom, fermented cabbage, red dates, lotus root, lemongrass, ginger and kaffir lime leaves with the corn oil.

2 Add water, let it come to a boil before adding in the red snapper.

3 Season the soup with lemon and orange zest.

4 Garnish and serve with the side salad (which is combined to mix).

*** Nutrient analysis per serving:**
396 kcal, 57g carb, 30g protein, 5g fat, 349mg sodium