

Cereal Tau Kwa **Wong Yuefen, senior dietitian, NHGP**

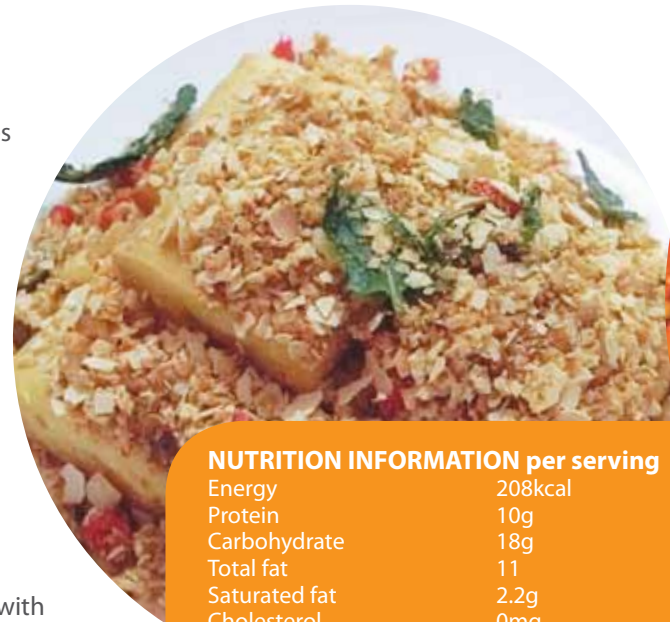
serves 10

INGREDIENTS

Tau kwa	300g, cut into moderate thick square slices
Nestum Cereal	6 tablespoons
Garlic	8 cloves
Chili padi	3, chopped
Curry leaves	10
Shallots	2, sliced
Sugar	½ teaspoon
Corn Oil	1½ tablespoons
Salt	To taste

METHOD OF PREPARATION

1. Pan-fry tau kwa with 1 tablespoon of oil till golden brown. Set aside.
2. Mix sugar and cereal together. Set aside.
3. Fry garlic, chili padi, curry leaves and shallots in a wok with remaining oil.
4. Add cereal mixture and turn off the flame when it is slightly brown. Continue to stir-fry for another 5 minutes.
5. Pour cereal onto tau kwa pieces and serve.



NUTRITION INFORMATION per serving

Energy	208kcal
Protein	10g
Carbohydrate	18g
Total fat	11
Saturated fat	2.2g
Cholesterol	0mg
Dietary fibre	1g
Sodium	373mg
Carbohydrate exchanges:	~1 exchange

Oatmeal Fish Porridge **Wong Yuefen, senior dietitian, NHGP**

serves 4

INGREDIENTS

Quick Cooking Oats	2 cups
Chicken Broth	500ml
Water	500ml
Fish (Mackerel)	300g, sliced
Egg	1, beaten
Carrot	½ big, diced
Wolfberries (Kei Chi)	1 tablespoon
Spring Onion	1 stalk, chopped
Salt	To taste
Sesame oil	To taste

METHOD OF PREPARATION

1. Lightly marinate fish slices with salt, pepper, sesame oil and cornflour. Set aside.
2. Bring chicken broth and water to a boil, add carrot and simmer over low heat for about 10 minutes until carrot is soften.
3. Add oats and continue to simmer till almost done (if the mixture is too thick, add another 150 to 200ml of hot water/soup broth)
4. Add fish slices and wolfberries.
5. When fish is cooked through, switch off the heat, drizzle beaten egg and give it a quick stir.
6. Scoop oatmeal into serving bowls and top with chopped spring onion and sesame oil. Serve immediately.

NUTRITION INFORMATION per serving

Energy	291kcal
Protein	23g
Carbohydrate	34g
Total fat	8g
Saturated fat	2.0g
Cholesterol	56mg
Dietary fibre	3.3g
Sodium	471mg
Carbohydrate exchanges:	~2.5 exchange



Chicken Yakiudon **Chef Eric Teo**

serves 4

INGREDIENTS

Udon Noodles	2 packets
Chinese Cabbage	50 g (shredded)
Red Chilli	1 (shredded)
Bean Sprouts	30 g
Garlic	2 cloves (minced)
Skinless Chicken Breast	1 (sliced thinly)
Eggs	2
Corn Oil	4 teaspoons
Light Soya Sauce	4 teaspoons
Sweet Soya Sauce	1 teaspoon
Sesame Oil	2 tablespoons
Salt and Pepper (Optional)	To taste

NUTRITION INFORMATION per serving

Energy	304kcal
Protein	19g
Carbohydrate	35g
Total fat	
(g and % of total calories)	9.5 (28.5 %)
Saturated fat	1.6g
Cholesterol	140mg
Dietary fibre	0.33g
Sodium	490mg
Carbohydrate exchanges:	~2.5 exchange



METHOD OF PREPARATION

1. Blanch the udon in hot water for 1 minute and immediately soak in cold water. Set aside after 30 seconds and drain before cooking.
2. Heat the corn oil in a wok till hot. Add the garlic and shredded chicken breast. Fry till light golden brown.
3. Break the eggs into the wok. Stir quickly to scramble. Lower the heat and fry Chinese cabbage, bean sprouts and red chilli for 1 to 2 minutes.
4. Add in the udon, light soya sauce, sweet soy sauce, sesame oil and salt/pepper seasoning to taste.
5. Stir evenly and fry for 2 to 3 minutes till the udon is soft. Serve immediately.

Less oil absorbed by ingredients as stir-frying time is kept to a minimum. Stir-frying when oil is hot helps to shorten cooking time and reduce the amount of oil absorbed by the ingredients. You can substitute this with any other noodles, or even spaghetti.

HOT TIPS

- Use lean cuts of meat (e.g. skinless chicken breast, lean pork or beef) as they are flavourful yet lower in fat. Remove visible fat and skin, where possible, before cooking.
- Enhance the dish by adding vegetables. Vegetables are rich in vitamins, fibre and phytochemicals (beneficial plant substances, e.g. carotenoids and flavonoids) that help to lower the risk of some cancers.