



Revealing Food Hack Recipe

Recipe 1: Brown Rice

1 cup brown rice
2 cups water

Methods

1. If you prefer softer texture, soak brown rice in water for 30 min
2. Add 2 cups of water for every 1 cup of brown rice into rice cooker
3. Let the rice cooker do the cooking

Recipe 2: Microwave Steamed Broccoli

Serving size: 1 serving

Ingredients:

- Half of a small broccoli head (100g)

Garlic oyster sauce:

- 1 tsp oil
- 1 tablespoon of water
- 2 cloves of garlic, minced
- 1 teaspoon of oyster sauce

Method:

1. Cut broccoli into bite-sized florets and place in a microwave-safe bowl
2. Add 2 tablespoons of water, cover the bowl with a plate
3. Place the bowl into the microwave and cook on high for 3 minutes. Check the doneness of the broccoli, give a quick stir and continue to microwave for 30sec to 1 minute, or until it becomes tender with a slight crisp.
4. Be careful when removing broccoli from the microwave, the bowl and the steam will be very hot
5. To prepare garlic sauce, put all ingredients in a small bowl and microwave for 1 min. Mix sauce with broccoli



Recipe 3: Mixed Vegetable Soup

Serving size: 2 servings

Ingredients:

- 2 cloves of garlic, sliced
- 4 Shallots, sliced
- 2 slices of Ginger, julienned
- ¼ carrot
- ½ packet baby corn (35g)
- ½ packet oyster mushrooms (75g)
- ½ packet chyesim (100g)
- 2 cups of water/home-made no salt chicken stock (=500ml)
- 2 pinches of salt
- 1 tablespoon of oil

Method:

1. Heat 1 tablespoon of oil in a saucepan over low-medium heat
2. Saute garlic, shallots and ginger until aromatic
3. Add carrot and baby corn, saute until almost cooked (~2 min)
4. Add 2 cups of water/chicken stock and bring to a boil
5. Add oyster mushrooms and chyesim, cook for 1 min
6. Season with salt



Recipe 4: Kachumber Salad

Serving size: 2 servings

Ingredients:

- 1 cup chopped cucumber (1 medium cucumber)
- ½ cup chopped tomato (~5 pc cherry tomato)
- ½ cup chopped red onion (1 small red onion)
- ¼ cup chopped carrot
- ¼ cup of frozen sweet corn (for colour) – optional

Seasoning:

- 2 tsp lemon juice
- ¼ tsp chili powder/cayenne pepper/ sweet paprika
- 2 pinches of salt

Method:

1. To reduce the strong flavor of raw onion, soak the halved onion in water for 15min and drain well.
2. Rinse and pat dry all the vegetables. Chop cucumber, tomato, onion and carrot.
3. Transfer all the vegetables and sweet corn in a bowl
4. Add chili powder and ground cumin. Sprinkle some salt
5. Dizzle lemon juice
6. Mix and toss the salad well so that all the ingredients are mixed evenly
7. Serve the salad immediately



Recipe 5: Baked Chicken Tofu Nugget

Serving size: 27 pieces

Ingredients:

Chicken

- 300g lean minced chicken
- 1 piece of Taukwa/Tahu (200g), roughly mashed
- 1 Tbs oil
- ½ tsp salt
- ¼ tsp white pepper
- ½ tsp onion powder (optional)
- ½ tsp paprika powder (optional)

Coating

- 1¼ cup of bread crumbs/ panko
- 30g grated parmesan cheese
- 2 eggs
- ¼ cup plain flour
- Cooking oil spray

Method:

1. Add all ingredients for chicken into a bowl and mix well.
2. Shape the chicken mixture into nugget-sized. Set aside.
3. Preheat the oven to 200C.
4. Mix the bread crumbs and oil in another bowl and spread them evenly on a baking sheet. Bake for 5-6 minutes or until golden brown.
5. After the bread crumb mixture is slightly cooled, mix in the parmesan cheese.
6. Place bread crumb mixture, eggs and flour into 3 separate bowls.
7. Line a baking sheet with a wire rack.
8. Coat the nuggets in the flour, egg, then the bread crumb mixture and place onto the wire rack. For extra crisp, spray the nuggets with oil before baking.
9. Bake for 12-15 minutes or till golden brown on both sides.