

# Healthy & Delicious

# *Quick-to-Prepare*

- recipes -





Produced by  
Group Corporate Communications  
National Healthcare Group



Let's whip up a healthy tasty meal  
in less than 30 minutes!

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Good nutrition is one of the keys to a healthy life. The National Healthcare Group (NHG) presents a few quick-to-prepare appetising recipes, using 'everyday' ingredients, that may help you achieve your health goals.

**Health is Wealth!**





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# VIETNAMESE RICE PAPER ROLLS

SERVES 4 – 5 PERSONS

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## Ingredients

Vietnamese rice paper sheets	20 sheets	<u>Dipping Sauce</u>	
		Hoisin sauce	4 tbs
Cucumber, grated or cut into strips	1	Green spring onion, thinly sliced	2 sprigs
Carrot, grated or cut into strips	1	Fresh lime juice	3 tbs
Lettuce	10 leaves	Unsalted peanut butter	3 tsp
Brown rice vermicelli noodles	100 g	Fish sauce	3 tsp
Prawns, medium	20	A pinch of brown sugar or a teaspoon of honey	
Coriander, roughly chopped	4 tbs		
Mint leaves, roughly chopped	4 tsp		

Rice paper rolls are a delicious and nutritious option as they are low in carbohydrate as well as high in fibre.

## Method

1. Thinly slice or grate one cucumber and one carrot into strips.
2. Chop a handful of coriander and mint leaves.
3. Bring a pot of water to a boil.
4. Put 100 grams of brown rice vermicelli noodles into the boiling water. Remove from the boiling water after one minute, rinse in cold water, and set aside.
5. Bring twenty prawns to boil in a pot. When cooked, proceed to deshell and slice each prawn into half.
6. Now that all your ingredients are ready, you can start arranging your rolls.
7. Soak rice paper in water and remove after a few seconds. Shake off excess water and place on plate to wrap ingredients.



8. Place lettuce, sliced cucumber, carrot, vermicelli, prawns, coriander and mint leaves on one corner of the rice paper and roll it up into a spring roll.
9. Prepare dipping sauce and serve with the rolls.

## TIPS

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You may replace lettuce with other vegetables such as blanched beansprout and cabbage.

Instead of prawns, thin slices of grilled chicken fillet/breast can also be considered.



# HERB INFUSED SALMON

SERVES 3 PERSONS

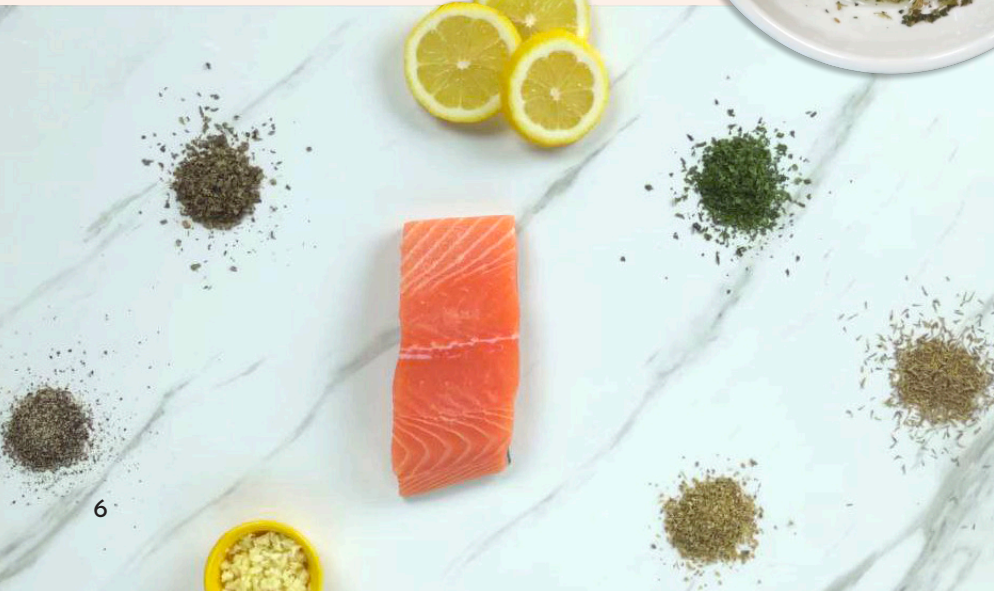
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## Ingredients

Salmon fillets	3 pieces, 150 g each	Medium lemon	1
Salt	½ tsp	– one half to be squeezed into lemon juice; the other half to be cut into thin slices	
Cracked black pepper	½ tsp		
Garlic cloves, finely minced	2	Fresh Chinese parsley, finely chopped, as garnish	
Olive oil	1 tbs		
Dried thyme, oregano, basil and parsley	½ tsp		

Herb  
Infusion



Salmon is rich in omega-3 fatty acids, which have been shown to reduce inflammation, lower blood pressure, and decrease risk factors for disease.

## Method

1. Preheat oven to 200 degrees Celsius.
2. Place salmon fillets on a baking pan laid with baking sheet.
3. Sprinkle salt and pepper on both sides of salmon fillets.
4. Create your herb infusion by mixing minced garlic, olive oil, dried mixed herbs and the juice of half a lemon together.
5. Drizzle the mix generously over salmon fillets.
6. Prepare some thin slices of lemon and top each piece of salmon with a slice.
7. Bake in pre-heated oven for 10 minutes at 200 degrees Celsius.
8. When ready, garnish with fresh Chinese parsley and serve.



# SALMON WRAP WITH CURRIED MAYONNAISE

SERVES 3 PERSONS

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## Ingredients

Salmon fillet	200 g	<i>Curried Mayonnaise Spread</i>	
Brown mushrooms, sliced	4 large	Curry fish powder	10 g
Onion, cut into strips	½ large	Mayonnaise	100 g
Olive oil	1 tsp	Lemon juice	5 ml
Lettuce of your choice	4 leaves	Sugar (optional)	1.5 g
Tomato, sliced	2 medium		
Cucumber, thinly sliced	8 slices		
Wholemeal wrap	4		

Whole grain products contain fibre, minerals, and nutrients normally found in the actual grain before processing.



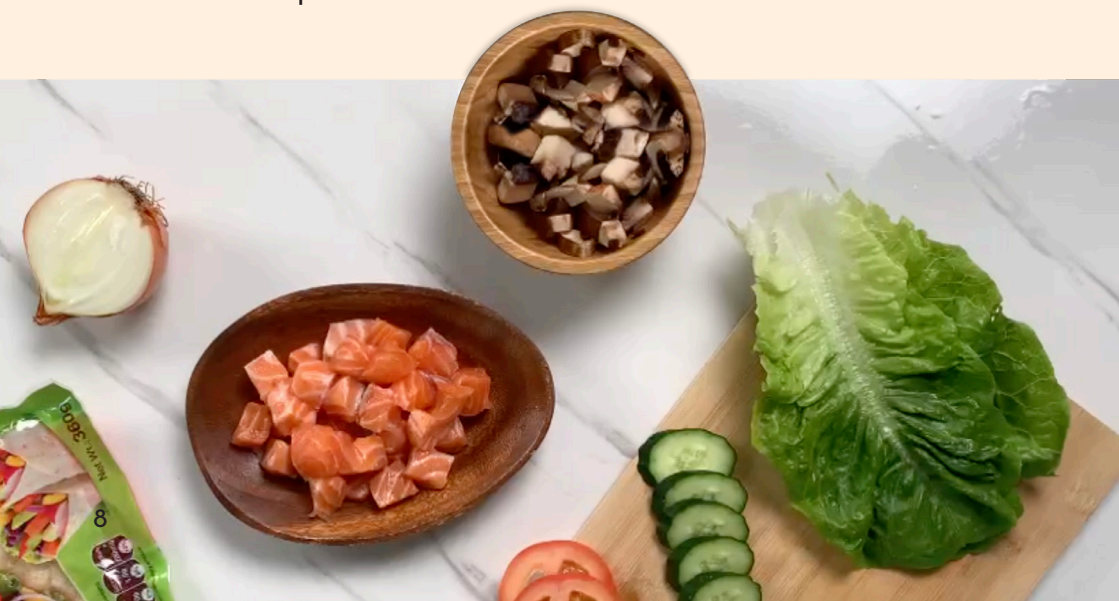
## Method

1. Combine mayonnaise, curry fish powder, lemon juice and sugar (optional) in a bowl and whisk until mixture reaches a smooth consistency.
2. Heat olive oil in non-stick pan. Pan-fry salmon with skin facing down. Flip the salmon when half of it is cooked through.
3. When almost fully cooked at the thickest part of the salmon, remove from heat. Remove the salmon skin. Gently break the salmon into large chunks.
4. Using the same oil, sauté brown mushrooms and onion until soft.
5. Return salmon to the pan. Sauté salmon, mushrooms and onions lightly. Remove from heat.
6. Take a wrap and set it flat on a clean plate/surface. Cut a slit from the middle of the wrap.
7. Spread curried mayonnaise thinly on the first quarter.
8. Arrange lettuce, tomatoes and cucumber on the second quarter.
9. Place salmon, mushroom and onions on the third quarter.
10. Fold each quarter onto themselves into a layered wrap.
11. Toast the wrap in oven for 5 minutes, and serve warm.

## TIPS

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Wholemeal bread and wholegrain burger buns can also be used instead of wraps.

Other alternatives to salmon include chopped hard-boiled eggs, tuna chunks in olive oil and grilled chicken breast.



# BATANG FISH IN KAFFIR LEAVES GRAVY

SERVES 4 PERSONS

## Ingredients

Batang fish, washed and marinated with ¼ teaspoon salt	1, 500 g	<i><u>Blend these ingredients to make Paste 1:</u></i>	
Olive oil	2 – 3 tbs	Ginger, sliced	1 inch
Coarse ground black pepper	¼ tsp	Fresh turmeric, sliced	1 inch
Juice of small kaffir lime	1	Garlic cloves, sliced	6
<i><u>Garnish</u></i>		Shallots, sliced	5
Kaffir lime leaves		Kaffir lime leaves, chopped	3
Ginger flower		<i><u>Blend these ingredients to make Paste 2</u></i>	
		Cashew nuts, soaked	8
		Water	½ cup
		Green chilli	2 large
		Kaffir lime leaves, chopped	3

## TIPS

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*Sea bass and toman fish are also good choices for this recipe.*



## Method

1. Heat pan, add olive oil and fry Paste 1 for 10 minutes.
2. Add ½ cup water and simmer for 5 minutes.
3. Add fish and cook over medium fire for 5 minutes.
4. Add Paste 2 and simmer for another 10 minutes or until the fish is cooked.
5. Remove from heat to plate.
6. Add pepper and kaffir lime juice.
7. Garnish with kaffir lime leaves and ginger flower.
8. Serve with rice or bread (optional).

Kaffir lime leaves are aromatic and of Asian origin that are often used in Thai, Indonesian and Cambodian recipes. They have a spiced-citrus flavour which is much lighter and more zesty than bay leaves or curry leaves.



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# AVOCADO SALSA WITH TACO

SERVES 4 PERSONS

## Ingredients

### Salsa

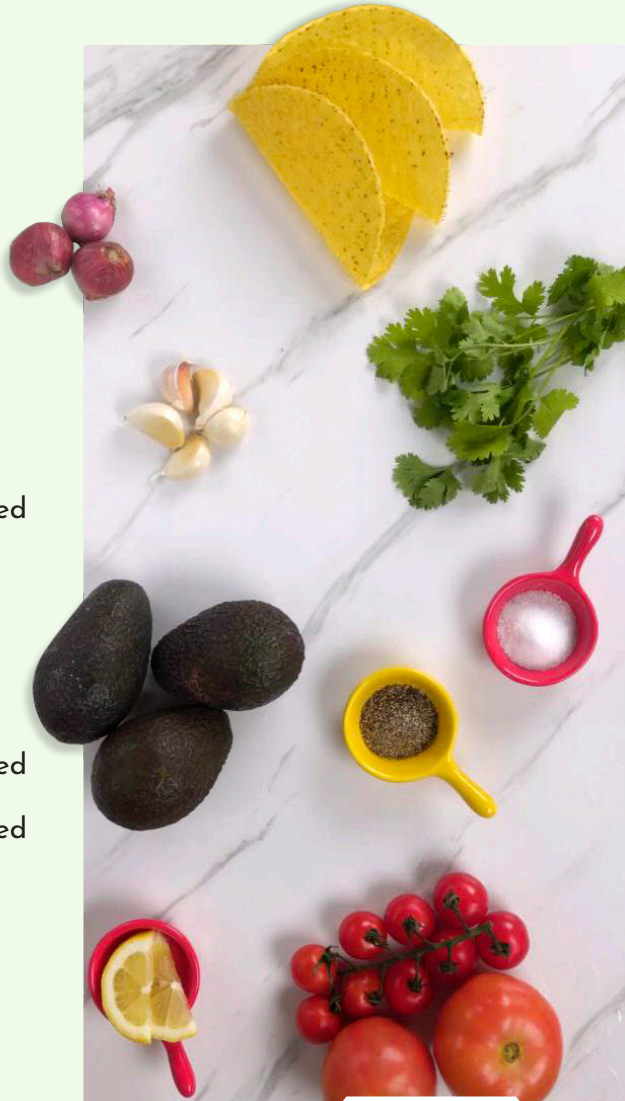
Tomato, medium size and diced	7
Shallots, chopped	8 cloves
Garlic, chopped	3 cloves
Avocado, medium size	3
Cilantro, chopped	As desired

### Dressing

Olive oil	3 tbs
Lemon juice	4 tbs
Salt	As desired
Black pepper	As desired

### Wrap

Taco	8 pcs
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Avocados are rich in monounsaturated fats, which offer protection against heart disease and help lower blood pressure.

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## Method

1. Cut avocados into half, leaving their seeds intact.



2. Rub lemon juice on their cut surfaces, and put them back together.
3. Chop garlic, tomatoes, shallots and cilantro.
4. Mix all the chopped ingredients in a large mixing bowl.



5. After mixing well, chop avocados and add into mixing bowl.
6. In a separate bowl, combine olive oil and lemon juice. Add salt and black pepper to taste.
7. Pour your prepared dressing into the chopped ingredients and mix well.
8. Serve chilled in warm taco shells.





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# STEAMED EGG WITH YOGHURT

SERVES 4 PERSONS

## Ingredients

- Fresh mushrooms, washed and chopped 2
- Red capsicum, chopped 2 tsp
- Olive oil 1 tsp
- Plain fat-free yoghurt 1 cup
- Eggs 8
- Spring onions – use only the green parts
- Light soy sauce and pepper to taste ½ tsp

## TIPS

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*Substitute plain yoghurt with low fat or unsweetened soy milk.*

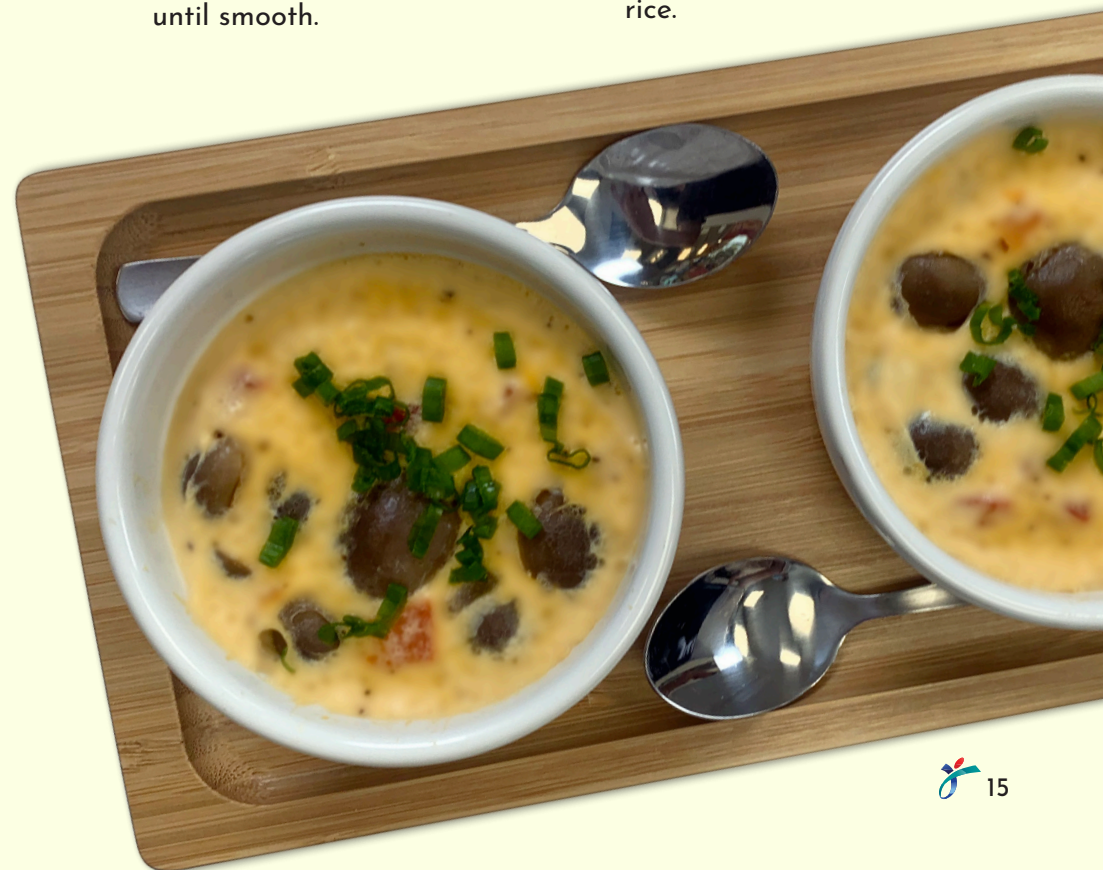
*Chopped spinach, tomatoes, and onions are great for this recipe too.*

*For added protein, try chopped prawns or tofu.*

Eggs are packed with protein and are nutritionally rich and good for heart health.

## Method

1. Lightly sauté mushrooms with capsicum in olive oil.
2. Whisk eggs, yoghurt and seasoning together until smooth.
3. Stir in mushrooms and spring onions to the egg-yoghurt mix.
4. Divide and pour mixture into 4 moulds.
5. Steam over high heat for 8 to 10 minutes or until cooked.
6. Serve warm with toast or rice.












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