

Trio Colour Pumpkin Rice

Good to know:

Pumpkin is a powerhouse of beta-carotene, alpha-carotene and beta-cryptoxanthin. Studies show that beta-cryptoxanthin, a member of the carotenoid family, may reduce the risk of lung and colon cancer and rheumatoid arthritis as it appears to have strong antioxidant properties.

Nutrition content per serving • Calories 260 kcal | Carbohydrate 34g | Protein 6g | Fat 12g | Cholesterol 0mg | Fiber 5g | Sodium 510mg



Ingredients	Household measure	Notes
Vegetable oil	4 tablespoons	
Oyster mushrooms	1 ½ cups	Sliced thickly
Garlic	3 pips	Chopped fine
Onions	1 medium	Chopped coarsely
Red chili	1 medium	Sliced finely
Salt	1 teaspoon	
Black peppercorn	½ teaspoon	Coarsely pounded
Nutmeg	½ teaspoon	Freshly grated
Fennel seeds	1 teaspoon	
Spinach	2 cups	Chopped coarsely
Chinese water chestnuts	1 cup	Chopped coarsely
Corn kernels	½ cup	
Brown rice (cooked)	2 cups level	Rice should be cold
Pumpkin	1 cup	Cubed into ½ inch and steamed
Spring onions	1 sprig	Cut into ½ inch length

Contributed by :

Mary Easaw

Preparation time : 15 minutes

Cooking time : 20 minutes



Serves

Method

1. Heat 2 tablespoons oil in a nonstick pan. Then add the mushrooms, garlic and fry till golden brown.
2. Add onions, red chili, salt, pepper, nutmeg and fennel seeds and cook till fragrant over medium fire. Add 2 tablespoons of oil if needed.
3. Add the spinach, chestnuts and corn kernels and continue cooking for another 2 minutes or when the spinach is slightly wilted
4. Add the rice and steamed pumpkin and mix until the ingredients are well combined. Add the spring onions and mix well
5. Serve hot

Basil Chicken



Good to know:

Basil is an aromatic herb belonging to the mint family. It has been used as a medicinal plant, and its oils and extracts are said to have antioxidant and antibacterial properties.

Nutrition content per serving • Calories 120kcal | Carbohydrate 2g
Protein 19g | Fat 5g | Cholesterol 40mg | Fiber 0g | Sodium 160mg

Ingredients	Household measure	Notes
Vegetable oil	1 tablespoon	
Birds eye chilies	4 pieces	Sliced
Garlic	8 cloves	Sliced
Chicken breast	400g	Sliced
Fish sauce	1 teaspoon	
Dark soy sauce	2 teaspoons	
Water	50ml	
Red bell pepper	½ cup	Diced
Yellow bell pepper	½ cup	Diced
Thai basil leaves	1 handful	

Contributed by :
Siti Farhath

Preparation time : 10 minutes

Cooking time : 15 minutes



Serves

Method

1. Heat the wok on high heat, and add about 1 tablespoon of oil to the pan.
2. Add in the chilies and garlic. Stir fry them until they get really fragrant, but don't let them burn.
3. Toss in the chicken and keep stir frying continuously until it is just about fully cooked.
4. Add in the fish sauce, dark soy sauce and water and keep stir frying for about 30 seconds.
5. Add in the diced bell pepper and stir for another 30 seconds.

6. Grab a handful of basil, toss it into the pan, fold it into the chicken, and then immediately turn off the heat. The basil only needs to cook for about 5 seconds, and it will continue to wilt and cook from the existing heat of the chicken. This step is important because if you cook the basil for too long, it loses some of its glorious flavor and gets slightly chewy.