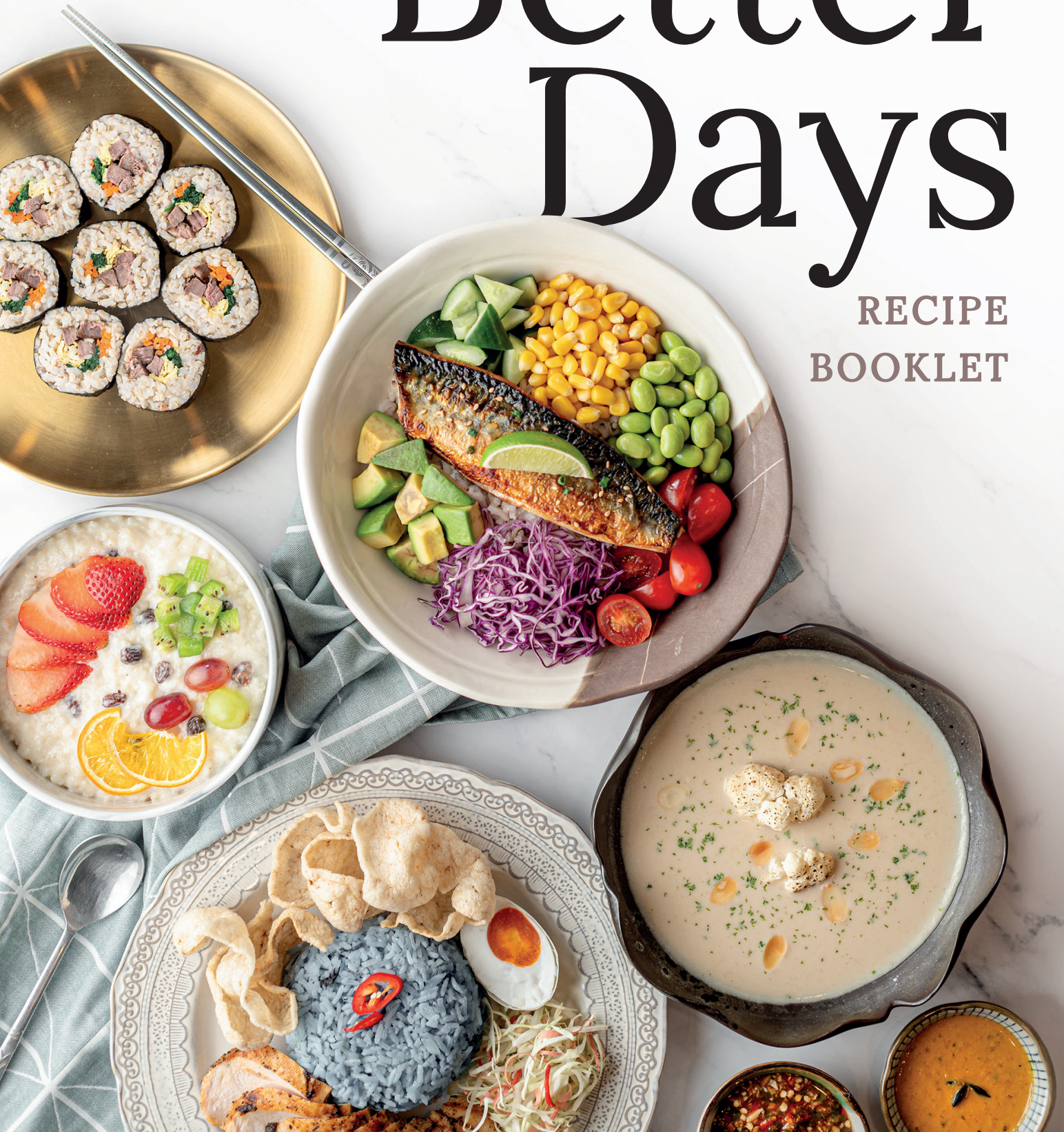


Better Days

RECIPE
BOOKLET



As we journey through the golden years, a balanced diet becomes increasingly important for maintaining health and vitality. This booklet is a collection of delicious and nutritious recipes specially curated by Sunway Medical Centre Velocity's team of Chefs and Dietitians to support the well being of our beloved elders.

These recipes focus on fresh, wholesome ingredients, simple preparation methods, and an understanding of seniors' dietary needs, particularly those with common health conditions such as hypertension, diabetes, and high cholesterol. Our aim is to make every meal not only a delight for the palate but also a source of essential nutrients, promoting overall vitality and well-being.

Whether you are a senior looking for nutritious meal options, a caregiver seeking for convenient recipes, or a cooking enthusiast eager to explore new dishes, Better Days Recipe Booklet is your go-to handbook for wholesome and hearty meal ideas. Cook well, eat well and live well.



SCAN TO DOWNLOAD
 BETTER DAYS RECIPE
 E-BOOKLET

Our Menu

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Pumpkin Porridge

Portion: 5 Servings



Main Ingredients

Rice	200 grams
Chicken Stock	1200 ml
Pumpkin trimmings (<i>Odd cuts</i>)	200 grams, Steamed

Garnishing

Pumpkin	200 grams, Diced and steamed
Tofu	200 grams, Diced and steamed
Wolfberries	
Broccoli	2-3 florets, Steamed
Vegetarian Bean Curd Puff	2 pieces, Diced and deep fried



Cooking Method

1. Soak the rice in water for about an hour and drain the rice water.
2. Pour the chicken stock into a pot and bring it to a boil. Add in the rice, and stir occasionally for about 1 hour or until the rice is cooked and softened.
3. Steam the pumpkin trimmings until tender, then blend it into a puree consistency.
4. Pour the pumpkin puree into the porridge and mix it together.
5. To serve, garnish the pumpkin porridge with the diced and steamed pumpkins, the diced and steamed tofu, steamed broccolis, wolfberries and the diced and deep fried vegetarian bean curd puffs.

Nasi Kerabu with Grilled Chicken

Portion: 5 Servings



Main Ingredients

For Nasi Kerabu

Rice	200 grams
Water	200 ml
Dried blue pea flower	2 grams, Soaked in water
Ginger	10 gram, Big slices
Pandan leaf	5 grams, Tied

For Grilled Chicken

Chicken breast (<i>skinless and boneless</i>)	600 grams
Black pepper	3 grams, Crushed
Garlic	10 grams, Chopped
Paprika powder	5 grams
Cayenne powder	5 grams
Salt	5 grams

Canola oil	30 ml
Thyme	1 gram, Chopped
Rosemary	1 gram, Chopped
Black pepper	1 gram, Ground
White onion	20 grams, Chopped

For Raw Salad

Round cabbage	100 grams, Finely sliced
Daun selom	5 grams, Finely sliced
Ginger bud (<i>bunga kantan</i>)	10 grams, Finely sliced
Fresh bean sprout	100 grams
Lime	100 grams, Cut into wedges
Red onion	50 grams, Finely sliced
Red chili	10 grams, Finely sliced

Percik Sauce

Red chili	300 grams, Blended
White onion	100 grams, Blended
Garlic	50 grams, Blended
Ginger	50 grams, Blended
Lemon grass	50 grams, Blended
Low fat milk	200 ml
Cinnamon stick	20 grams
Star anise	20 grams
Sugar	30 grams
Salt	3 grams
Turmeric powder	3 grams
Canola Oil	20 ml
Water	200 ml

Sambal Chili Sauce

Chili padi	50 grams
Red chili	50 grams
Garlic	20 grams
White vinegar	75 ml
Sugar	50 grams
Salt	5 grams

Side Dish (Optional)

Salted egg	Half an egg
Fish cracker	10 grams



Cooking Method

Nasi Kerabu

1. Wash the rice several times and drain it well. Soak the dried blue pea flower in water and add it together with the sliced ginger and pandan leaf into the washed rice.
2. Add 200ml water and cook the rice.

Grilled Chicken

1. Season the chicken breast with paprika powder, cayenne powder, chopped thyme, chopped rosemary, salt, ground and crushed black pepper, garlic, onion and canola oil. Let it marinate for at least 1 hour.
2. Sear the marinated chicken breast in a hot pan with high heat until both sides turn golden brown. Then continue to bake the chicken breast in an oven at 150 °C for 10 minutes.

Raw Salad

1. Mix all vegetables in a bowl accompanied by a wedge of lime on the side.

Percik Sauce

1. In a medium-sized heated pot, add the canola oil, sauté the blended items until fragrant, then add the cinnamon stick, star anise and turmeric powder.
2. Pour in water and simmer for 10 minutes.
3. Add in sugar, salt and low fat milk.

Sambal Chili Sauce

1. Add all the ingredients in a food processor then blend it.

Plating

1. Serve the nasi kerabu on a plate and add the grilled chicken breast, percik sauce, raw salad, sambal chili sauce, salted egg and fish crackers.

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"Nasi Kerabu served with Grilled Chicken and salad is a balanced meal, making it a healthy choice for elderly individuals for optimal blood sugar control." — Dr. Lim Kim Piow, Consultant Endocrinologist and Internal Medicine Physician



Hainanese Fried Rice

Portion: 5 Servings



Main Ingredients

Cooked white rice	750 grams
Garlic	30 grams, Chopped
Long bean	75 grams, Diced
Carrot	75 grams, Diced
Baby romaine lettuce	50 grams, Julienne cut
Whole egg	2 eggs
Canola oil	30 ml
Sesame oil	5 ml
Fish cake	50 grams, Sliced
Chicken fillet (skinless and boneless)	150 grams, Cubes
White pepper	1 gram
Salt	3 grams

Garnishing

Spring onion	1 stalk, Cut into 2cm long
Shallot	Fried



Cooking Method

1. Heat the canola oil in a wok over medium heat.
2. Sauté the chopped garlic, chicken fillets, sliced fish cakes, eggs, diced long beans, diced carrots and baby romaine lettuce until cooked.
3. Add in the cooked white rice into the wok. Stir and mix well for 3 minutes.
4. Season with salt and white pepper. Drizzle the sesame oil on top of the fried rice and toss well once the rice is well fried.
5. Serve on a plate and garnish with spring onions and fried shallots.

Dietary Tips

The recipe can be easily modified to cater to individual dietary needs and preferences. For instance, you can use brown rice instead of white rice for added fibre, or include more vegetables for increased nutrient content.





Dietary Tips

When prepared with less oil and lean protein, stir-fried silver pin noodles can be a healthy meal that is low in saturated fat, which is beneficial for elderly individuals who may need to maintain their heart health.

Stir-Fried Silver Pin Noodles with Minced Chicken and Mushrooms

Portion: 5 Servings



Main Ingredients

Silver pin noodles	600 grams
Chicken	100 grams, Minced
White onion	50 grams, Sliced
Egg	2 eggs
Cabbage	100 grams, Shredded
Carrot	50 grams, Shredded
Shitake mushrooms	30 grams, Sliced
Spring onion	20 grams, Stalk
Fish sauce	1 teaspoon
Light soy sauce	2 teaspoons
Dark soy sauce	½ teaspoon
Canola oil	1 tablespoon

Garnishing

Baby Kailan	100 grams, Blanch for 1 minute in boiling water
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Cooking Method

1. Beat two eggs, fry and cut into strips.
2. Heat up a wok on high heat, add the canola oil followed by minced chicken and light soy sauce. Stir well until it is cooked and set aside.
3. In the same wok, add the canola oil and stir fry the carrots, onions and cabbage for approximately 1 minute. Then add in the shitake mushrooms and cooked minced chicken.
4. Add the silver pin noodles and stir fry for 1 minute. Then add the fish sauce, dark soy sauce and light soy sauce for seasoning.
5. Add in the egg strips and spring onion stalk, and cook for another 1 minute. Lastly, add the blanched baby kailan on the side and serve.

Note: 1 teaspoon is equal to 5 grams
 1 tablespoon is equal to 10 grams

Aglio Olio Spaghetti with Grilled Chicken Breast

Portion: 5 Servings



Main Ingredients

For Grilled Chicken Breast

Chicken breast	400 grams, Cut into 2 inches per slice
Salt	3 grams
Black pepper	3 grams

For Pasta

Water	500 ml - 1000 ml
Spaghetti	500 grams
Cherry tomato	200 grams, Halved
Garlic	100 grams, Sliced
Olive oil	25 ml
Basil leaves	25 grams, Sliced
Pasta water	180 ml, Reserved for cooking

For Garnishing

English parsley	1 gram
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Cooking Method

1. In a large pot, add in about 500 ml to 1000 ml of water and 1 tablespoon of salt. Add the spaghetti and cook according to the directions on the packaging.
2. Slice the chicken breast about 2 inches per slice, then season it with salt and black pepper. Grill the chicken breast on a pan on medium heat until both sides turn to golden brown.
3. Reserve about 180 ml of the cooked pasta water, set it aside and drain the spaghetti. Drizzle olive oil over the spaghetti, mix and set it aside.
4. Drizzle olive oil over medium heat pan and sauté the sliced garlic for 2 minutes. Stir frequently until it turns golden brown on the edges.
5. Add the reserved pasta water to the sautéed garlic and bring it to a boil. Lower the heat, add 1 teaspoon of salt and simmer for about 5 minutes until the liquid is reduced by about one third.
6. Add the cooked spaghetti and mix. Then, turn off the heat and add the cherry tomatoes and basil leaves, tossing everything well together.
7. Let the spaghetti rest for 5 minutes to allow the sauce to be absorbed.
8. Place the spaghetti on a plate together with the grilled chicken breast and garnish it with English parsley on top, then serve.



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“The olive oil used in Aglio Olio is a source of healthy monounsaturated fats, which can help improve heart health.”

— Dr. Foo Yoke Loong,
 Consultant Cardiologist and
 Internal Medicine Physician

Grilled Saba Fish Rice Bowl

Portion: 5 Servings



Main Ingredients

Brown rice	250 grams
Water	350 ml
Edamame	60 grams
Corn kernel	100 grams, Steamed
Cherry tomato	120 grams, Halved
Cucumber	100 grams, Cubes
Avocado	200 grams, Cubes
Purple cabbage	30 grams, Finely sliced

Saba (mackerel) fillet	500 grams
Lime	50 grams, Halved
Salt	3 grams

Garnishing

Sesame seed	2 grams
Spring onion	5 grams, Finely diced

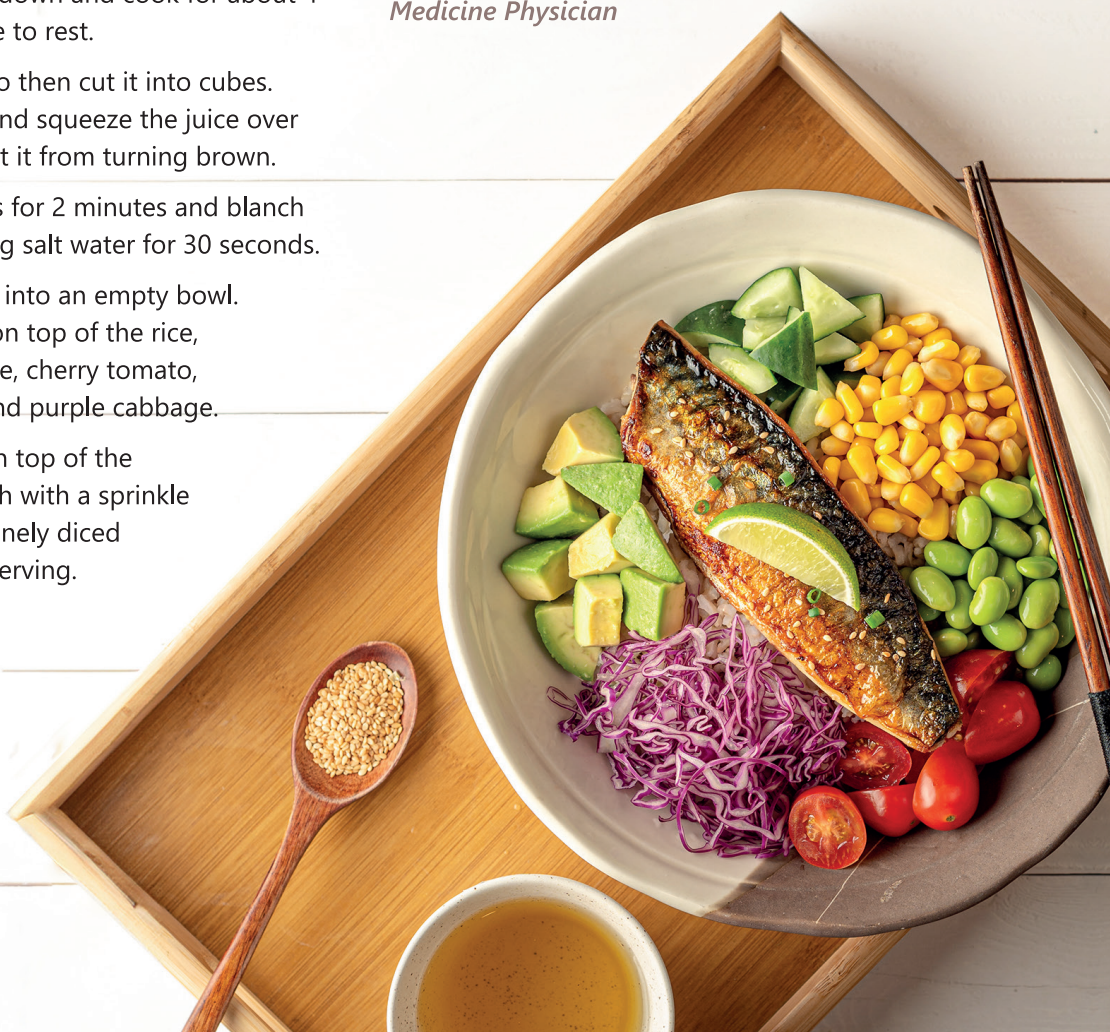


Cooking Method

1. Wash the brown rice several times and add 350ml of water to cook the rice.
2. Sprinkle a generous pinch of salt on each side of the saba fillet then place the fillet on a preheated grill with the skin side down and cook for about 4 minutes, then set aside to rest.
3. Gently peel an avocado then cut it into cubes. Slice one lime in half and squeeze the juice over the avocado to prevent it from turning brown.
4. Steam the corn kernels for 2 minutes and blanch the edamame in boiling salt water for 30 seconds.
5. Scoop the cooked rice into an empty bowl. Place the ingredients on top of the rice, including the edamame, cherry tomato, cucumber, avocado, and purple cabbage.
6. Lastly, place the fish on top of the ingredients and garnish with a sprinkle of sesame seeds and finely diced spring onions before serving.

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“Besides being rich in nutrients like calcium, vitamin C, iron, and folate, vegetables are also a good source of fibre, which help improve blood sugar level control.” — Dr. Lim Kim Piow, Consultant Endocrinologist and Internal Medicine Physician



Grilled Chicken Breast with Mushroom Sauce

Portion: 5 Servings



Main Ingredients

Chicken breast (Skinless and boneless)	600 grams,
Black pepper	3 grams, Crushed
Garlic	10 grams, Chopped
Paprika powder	5 grams
Cayenne powder	5 grams
Salt	3 grams
Canola oil	20 ml
Mushroom sauce	150 grams, <i>Refer to Mushroom Sauce recipe (Page 17)</i>
Thyme	1 gram, Chopped
Rosemary	1 gram, Chopped
Black pepper	1 gram, Ground
White onion	20 grams, Chopped

For Mashed Potato

Potato	400 grams, Diced
Unsalted butter	60 grams
Low fat milk	150 ml
Salt	1 gram

Garnishing

Mushroom	50 grams, Sliced
White onion	20 grams, Diced
English parsley	5 grams, Chopped



Cooking Method

1. Marinate the chicken breast with paprika powder, cayenne powder, chopped thyme, chopped rosemary, salt, crushed black pepper, garlic, chopped white onions and canola oil, and set it aside for at least one hour.
2. Remove the potato skin and dice it into approximately 2 cm cubes on each side.
3. Wash the potato and boil the potato with salt water for 20 minutes until the potato becomes tender.
4. Drain the salt water from the pot and add in the unsalted butter, salt and low fat milk.
5. Mash the potato mixture until creamy and fluffy in consistency then set it aside.
6. Grill the marinated chicken breast on a hot pan on high heat until both sides turn golden brown.
7. Then, bake the chicken breast in the oven at 150 °C for 10 minutes.
8. Remove the excess oil from the grilled chicken breast with a kitchen towel.
9. Sauté the sliced mushrooms and diced white onions with canola oil, salt, chopped parsley and ground black pepper until fragrant.
10. Place the grilled chicken breast on a plate and serve it with mushroom sauce and mashed potato.

Dietary Tips

Chicken breast is a lean source of protein, which is essential for maintaining muscle mass and strength as well as in preserving muscle function and preventing sarcopenia (age-related muscle loss).



Baked Salmon with Tomato Tapenade

Portion: 5 Servings



Main Ingredients

Salmon fish fillet 600 grams,
Sliced raw salmon fillet,
120 gram per piece

For Seasoning

Salt 2 grams,
No salt added for
low sodium
White pepper powder 1 gram
Paprika 15 grams
Thyme 10 grams
Olive oil 5 ml

For Tomato Tapenade

Tomato 100 grams, Diced
Sundried tomato 20 grams, Diced
Black olive 20 grams, Diced
Red onion 10 grams, Diced
Garlic 2 grams, Finely chopped
Coriander leaf 2 grams, Finely chopped
Salt 2 grams
Pepper 1 gram
Lemon 1 wedge, Juiced
Canola oil 5 ml

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*“Tomatoes are rich in lycopene,
an antioxidant known for its heart health
and cancer prevention benefits.”*

— Dr. Hafizah Zaharah binti Ahmad,
Consultant Clinical Oncologist



Cooking Method

1. Season the salmon fish fillet with the listed salmon seasoning ingredients.
2. Place the salmon fish fillet on a tray laced with parchment paper.
3. Drizzle a little olive oil on top of the salmon fish fillet and grill it in the oven at 180°C for 10 minutes or until the salmon fish fillet is cooked.
4. Add all the tomato tapenade ingredients in a mixing bowl and mix it with salt, pepper, lemon juice and canola oil.
5. To serve, place the salmon, skin side down on a plate and spread the tomato tapenade on top of the salmon.



Ikan Masak Tiga Rasa

Portion: 5 Servings



Main Ingredients

Fish fillet	600 grams, Sliced 120g per piece
Black pepper	1 gram
Salt	2 grams
Tomato sauce	75 ml
Fresh tomato	100 grams, Diced
Garlic	100 grams, Blended into a paste
Shallot	100 grams, Blended into a paste
Ginger	50 grams, Blended into a paste
White onion	150 grams, Blended into a paste
Galangal	100 grams, Blended into a paste

Ginger bud	100 grams, Sliced
Kaffir lime leaves	25 grams, Sliced
Coriander leaf	25 grams, Sliced
Oyster sauce	30 ml
Water	500 ml

Garnishing

Tomato	20 grams, Halved
Spring onion	2 grams, Small diced
Lime	15 grams, Wedge

Dietary Tips

The combination of sweet, sour, and spicy flavours can be appealing to elderly individuals, who may experience reduced intake due to reduced taste sensation. A flavourful meal can help stimulate appetite and improve nutritional intake.



Cooking Method

1. Season the sliced fish fillets with salt and black pepper, and bake at 180 °C for 8 minutes.
2. Sauté the garlic, shallots, white onions, ginger, and galangal pastes until fragrant.
3. After 3 minutes, mix it with tomato sauce, diced fresh tomatoes, sliced kaffir lime leaves, sliced ginger buds, sliced coriander leaves, oyster sauce and water.
4. Cook the sauce for 8 to 10 minutes over medium heat.
5. Pour the sauce over the baked fish fillets and serve.



Steamed Barramundi with Black Bean Sauce

Portion: 5 Servings



Main Ingredients

Barramundi	600 grams
Salted black beans	1 tablespoon
Garlic	1 tablespoon, Minced
Ginger	1 tablespoon, Minced
Sugar	1 teaspoon
Canola oil	1 tablespoon

Garnishing

Spring onion	2 grams, Diced
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Note: 1 teaspoon is equal to 5 grams
1 tablespoon is equal to 10 grams



Cooking Method

1. Season the fish with salt and set aside at room temperature.
2. Add the minced garlic, minced ginger, sugar and canola oil into the salted black beans and mix well.
3. Spread the mixture evenly onto the fish and steam it at 100 °C for 8 minutes.
4. Sprinkle the diced spring onions on top of the fish and it is ready to be served.

Dietary Tips

Steaming is a healthy cooking method that does not require the use of additional fats or oils. This can be beneficial for elderly individuals who may need to manage their cholesterol levels or overall calorie intake.



Lotus Root Soup

Portion: 5 Servings



Main Ingredients

Lotus root	300 grams, Small diced
Salt	1.5 grams
Chicken stock	1000 ml
	<i>Refer to Chicken Stock recipe (Page 17)</i>



Cooking Method

1. In a large pot, heat the chicken stock until it boils, then add the lotus root.
2. Once the soup comes to a boil, let it simmer for 1 hour, and then season the soup with salt.



"Eating lotus root which is high in fibre can help reduce cholesterol, improve digestion, and lower blood pressure."

— **Dr. Nurul Yaqeen Mohd Esa, Consultant Respiratory and Internal Medicine Physician**

Sup Nelayan

Portion: 5 Servings

Dietary Tips

Soup can be a good source of fluid, which helps keep elderly hydrated as dehydration is a common problem among the elderly.



Main Ingredients

Galangal (Lengkuas)	15 grams
Garlic	15 grams, Chopped
Shallot	60 grams, Sliced
Tamarind pulp	10 grams
Castor Sugar	5 grams
Salt	2 grams
Water	500 ml
Chili padi	1 piece
Tomatoes	200 grams, Wedges
Fish trimmings (Fish head or bones, except fish guts)	200 grams



Cooking Method

1. Prepare the fish stock by boiling water with the fish trimmings and allowing it to cook for 30 minutes.
2. Add the chopped garlic, galangal, sliced shallot and tamarind pulp into the fish stock and continue boiling it.
3. Add the chili padi, castor sugar and salt for taste.
4. Lastly, add the tomato wedges and boil until soft.



Sweet Corn Soup with Minced Chicken

Portion: 5 Servings



Main Ingredients

Minced chicken	70 grams
Corn kernel	280 grams
Potato starch	5 grams, Mix well with water
Egg white	1 egg
Pepper	0.7 gram
Chicken stock	530 ml, Refer to Chicken Stock recipe (Page 17)
Canola oil	5 ml
Garnishing	
Spring Onion	2 grams, Diced

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“Sweet corn also contains carotenoids which help in reducing age-related macular degeneration (a disease that affects a person's central vision).”

— **Dr. Lakana Kumar Thavaratnam, Consultant Ophthalmologist and Neuro-Ophthalmologist**



Cooking Method

1. Heat a pot over medium heat, then add the canola oil. Sauté the minced chicken until it turns golden brown.
2. Add the corn kernel and chicken stock, bring to a boil.
3. Skim the foam from the top once the soup starts to boil and season the soup with pepper.
4. Slowly drizzle in the potato starch mixture to thicken the soup.
5. Drizzle in the egg white and slowly stir to make egg ribbons.
6. Lastly, garnish the soup with diced spring onions and serve.



Roasted Cauliflower Soup with Almond Flakes

Portion: 5 Servings



Main Ingredients

Cauliflower	350 grams, Florets
White onion	60 grams, Sliced
Low fat milk	70 ml
Salt	1.5 grams
Garlic	2 grams, Clove
Canola oil	2 teaspoons
Water	700 ml

Garnishing

Almond flakes	0.8 gram, Chopped
English parsley	0.8 gram, Chopped

Note: 1 teaspoon is equal to 5 grams



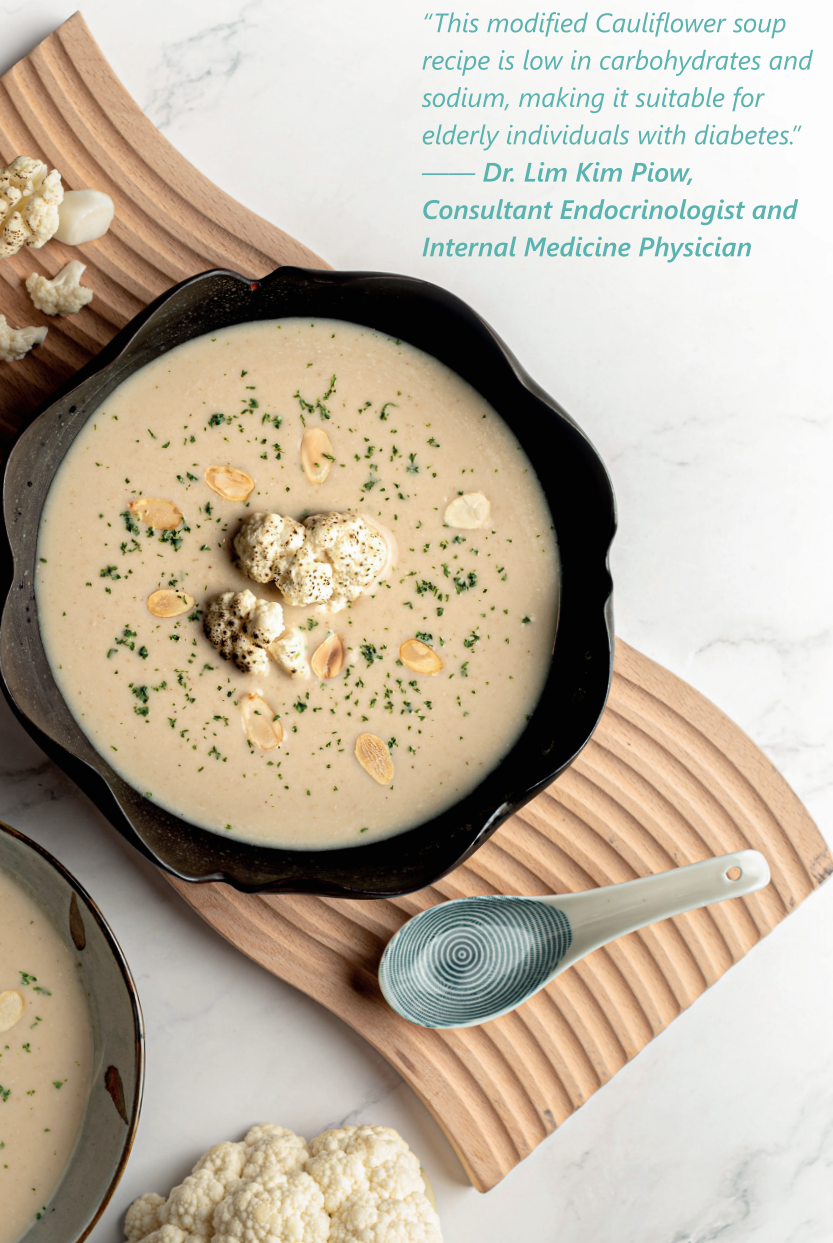
"This modified Cauliflower soup recipe is low in carbohydrates and sodium, making it suitable for elderly individuals with diabetes."

— **Dr. Lim Kim Piow,**
Consultant Endocrinologist and Internal Medicine Physician



Cooking Method

1. On a baking sheet, mix the cauliflower with 2 teaspoons of the canola oil evenly. Arrange the cauliflower in a single layer and season lightly with salt. Bake the cauliflower at 150°C for about 25 to 35 minutes until the cauliflower is tender and caramelised on the edges, toss it halfway for it to be evenly baked.
2. After the cauliflower is cooked, combine it with the sliced white onions and salt into a soup pot. Stir occasionally until the onions soften and become translucent, which should take about 5 to 7 minutes.
3. Add the garlic and continue to cook, stirring constantly until fragrant. After about 30 seconds, add 700 ml of water.
4. Increase the heat to medium high and bring the soup to a boil, then reduce the heat to maintain a gentle simmer. Stir occasionally for 20 minutes to avoid it being burnt. Then, pour into a blender and blend until smooth.
5. Once blended, reboil the soup and add the low fat milk.
6. Garnish the soup with chopped English parsley and almond flakes before serving.



Rice Pudding

Portion: 5 Servings



Main Ingredients

Arborio rice	250 grams
Water	320 ml
Low fat milk	100 ml
Vanilla extract	1 teaspoon
Sugar	20 grams
Raisins	30 grams
Cinnamon powder	1 gram
Salt	1 gram

Note: 1 teaspoon is equal to 5 grams



Cooking Method

1. Cook 250 grams of the arborio rice with 300 ml of water. Once cooked, set it aside.
2. Place the cooked arborio rice in a medium -sized saucepan. Add in the remaining 20 ml of water, 100 ml of low fat milk and salt. Cook and stir for about 10 to 15 minutes, until thick and creamy in consistency.
3. Add the raisins, sugar and cinnamon powder in the saucepan.
4. Remove the saucepan from the heat and add vanilla extract.
5. Scoop the rice pudding into a bowl and serve.

Steamed Yam Cake

Portion: 30 Servings



Main Ingredients

Yam	2500 grams, Cubes	White pepper	100 grams
Rice flour	4000 grams	Water	12,000 ml
Tang Min flour	800 grams		
Potato starch	900 grams	Garnishing	
Corn flour	600 grams	Wolfberries	30 grams, Blanched
Salt	125 grams	Spring onion	50 grams, Small diced
Sugar	340 grams	Fried shallot	50 grams



Cooking Method

1. Steam the yam until cooked thoroughly and blend it into a puree by using a blender.
2. Combine the rice flour, Tang Min flour, potato starch, corn flour, salt, sugar, white pepper and mix it well with water and yam puree.
3. Use double boil method to cook the mixture until the texture becomes thick and sticky.
4. Coat a tray with oil and place a parchment paper on top of it.
5. Pour the cooked mixture into the tray, spread evenly and steam until cooked thoroughly.
6. Cut the yam cake into approximately 1.2cm thick and serve 1 piece per serving.
7. Garnish the yam cake with blanched wolfberries, diced spring onions and fried shallots.



Brown Rice Kimbap with Beef

Portion: 5 Servings



Main Ingredients

Brown Rice	250 grams
Water	350 ml
Seaweed Sheet	5 pieces
Spinach leaves	120 grams, Blanch in boiling salt water for 30 seconds
Egg	120 grams, Omelette, cut into strips
Carrot	120 grams, Julienned
Sesame Oil	2 tablespoons
Salt	3 grams
Black Pepper	150 grams
Garlic	100 grams
Beef Tenderloin	250 grams, Cut into 1cm strips
Soya Sauce	1.25 ml
Sugar	3 grams
Oyster Sauce	1.25 ml
Canola Oil	5 ml

Note: 1 tablespoon is equal to 10 grams

Dietary Tips

When made with lean protein sources and vegetables, Kimbap can be low in saturated fats, which is beneficial for heart health.



Cooking Method

1. Marinate the beef with garlic, soy sauce, oyster sauce, black pepper and salt for half an hour.
2. Wash the brown rice several times, add 350 ml of water and cook the rice.
3. In a big pot, combine the sesame oil into the cooked and cooled rice, until evenly mixed.
4. Blanch the spinach leaves and carrots separately in boiling water (30 seconds to 1 minute). Drain the water and run some cold water over the spinach and carrots. Gently squeeze the spinach to remove any excess water. Put the spinach into a bowl, add the sesame oil and a pinch of salt then mix them well.
5. Preheat a pan, add a small dash of canola oil and spread it around the pan. Add the beaten eggs and cook both sides well over medium heat. Place the egg omelette on a cutting board and cut it into long strips.
6. Pan sear the beef until all surfaces of the beef turns golden brown.
7. Lay out a seaweed sheet on the sushi rolling mat. Distribute $\frac{1}{3}$ of the rice mixture evenly over the entire sheet, using fingers to even out if necessary.
8. Arrange the vegetables in a single row, followed by another row of beef, and a final row of egg strips.
9. Lift up one end of the sushi mat and make a tight cinch, making sure all the ingredients are tucked in. Lift up the sushi mat again and continue rolling, using the mat to squeeze and tighten the roll periodically. Slice and serve.



Multigrain Bun with Egg and Cheese

Portion: 5 Servings



Main Ingredients

Multigrain bun	200 grams, 40 grams per piece
Low fat cheddar cheese	80 grams, 16 grams per slice
Egg	5 eggs, 1 egg per serving
Unsalted butter	80 grams, 16 grams serving



Cooking Method

1. Place the multigrain bun side down and cut it in half diagonally from the side. Then, spread it with a thin layer of unsalted butter.
2. Place the buns onto a medium heated pan and toast the buns for about 30 seconds until it turns light golden brown.
3. In another pan, melt the unsalted butter over medium heat then crack an egg into the melted butter. Cook each side of the egg for about 1 minute over medium heat.
4. Layer the egg on the bottom side of the bun then followed by low fat cheddar cheese, and top it off with the other half of the bun, then serve.

“

“Eggs and cheese contain healthy fats, which are important for brain health and can help keep the elderly feeling full and satisfied.”

*— Dr. Nurul Yaqeen Mohd Esa,
Consultant Respiratory and Internal
Medicine Physician*



Chicken Stock

Portion: 2 Litre Servings, Suitable as a base for any soup recipes



Main Ingredients

Chicken carcass (Chicken bones and cartilages)	2 kg, Remove skin and fats
Celery	50 grams, Cut into 4cm long
White onion	50 grams, Cut into big wedges
Thyme	1 gram
Carrot	50 grams, Cut into big chunks
Chinese parsley stem	5 grams
Bay leaf	2 pieces
White peppercorn	½ tablespoon
Water	3000 ml

Note: 1 tablespoon is equal to 10 grams



Cooking Method

1. Clean the chicken carcass and remove all the fats.
2. Fill up a large pot with 3000 ml of water and bring to a boil. Once the water is boiling, add in the chicken carcass, celery, white onions, carrots, Chinese parsley stems, bay leaves and white peppercorn.
3. Bring to a boil and then reduce heat to bring the stock to barely a simmer. Cover the pot partially and simmer for at least 4 hours, occasionally skimming off any foam that comes to the surface.
4. Strain the stock with a fine strainer and keep it in the chiller once it has cooled down. (You can store it in the freezer, and it is best consumed within 2 months.)

Mushroom Sauce

Portion: 2 Litre Servings



Main Ingredients

For Chicken Gravy

Chicken carcass	2 kg, Remove all fats
Celery	50 grams, Cut into 4 cm long
White onion	50 grams, Cut into big wedges
Thyme	1 gram
Carrot	50 grams, Cut into big chunks
Chinese parsley stem	5 grams
Bay leaf	2 pieces
White peppercorn	½ tablespoon
Tomato paste	250 grams
Garlic	5 grams
Water	3000 ml
Canola oil	10 grams

For Mushroom Sauce

Button mushroom	300 grams, Sliced
Butter	270 grams
Plain flour	400 grams
Salt	6 grams
Pepper	3 grams

Note: 1 teaspoon is equal to 5 grams
1 tablespoon is equal to 10 grams



Cooking Method

Cooking Method for Chicken Gravy (base for mushroom sauce)

1. Clean the chicken carcass, remove all fats, then bake in the oven at 180°C for 30 minutes until golden brown.
2. Add the canola oil in a large pot on medium heat. Then, add the celery, white onions, thyme, garlic and carrots, and sauté until fragrant.
3. Add the tomato paste and the baked chicken carcass. Continue to sauté for an additional 5 minutes on medium heat.
4. Add water into the pot. Turn the heat to high and once the water is boiling, add the Chinese parsley stems, bay leaves and white peppercorn.
5. Reduce the heat to bring the gravy to a simmer. Partially cover the pot and simmer for at least 4 hours, occasionally skimming off any foam that comes to the surface.
6. Strain the gravy with a fine strainer and keep it in the chiller once it is cooled down.

Cooking Method for Mushroom Sauce

1. Add 1 tablespoon of butter onto the pan on medium heat then add the sliced button mushrooms and cook until golden brown. Set aside.
2. On medium heat, combine the plain flour and butter in a pot and cook for 1 minute until the mixture is well combined.
3. Slowly add the chicken gravy to the flour and butter mixture. Once combined, add the remaining chicken gravy gradually and mix constantly to prevent lumps in the gravy.
4. Cook the mushroom sauce for about 2 minutes or until it thickens. Season with salt and pepper, and it is ready to be served.



About Sunway Medical Centre Velocity

Sunway Medical Centre Velocity (SMCV) is situated in the township of Sunway Velocity, Cheras, Kuala Lumpur. This hospital offers comprehensive tertiary healthcare services with a range of medical services including facilities and advanced medical technologies for outpatient and inpatient specialty care, health and wellness programmes, and 24-hour emergency services.

SMCV's Centres of Excellence are dedicated to delivering specialised medical services to patients. Each centre is supported by experienced medical professionals and equipped with digitally advanced technologies to provide patients with the best possible care. Among the Centres of Excellence in SMCV are Women and Children Centre, Neuro Centre, Heart and Lung Centre, and Orthopaedic Centre.

Recognised as an Award-Winning Hospital, SMCV was honoured by Frost & Sullivan as the 2023 Emerging Company of the Year for its exceptional facilities, digital innovations, and resolute dedication to the UN's Race to Zero campaign. This hospital also earned three accolades at the Globalhealth Asia Pacific Awards 2022: Best New Hospital in Asia Pacific, Obstetrics and Gynaecology Service Provider of the Year and Wellness Service Provider of the Year.

For more information on Sunway Medical Centre Velocity, please visit:

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