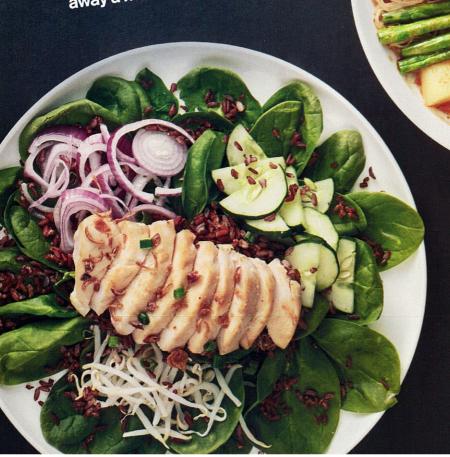
Journe Meal's Been Journal of Cacked

We hate to break it to you, but relying on food stalls and eating out all the time in Malaysia might not be smartest move when it comes to your health. Try out these healthier alternatives to some of Malaysia's most popular dishes here and walk away a healthier, fitter man





METHOD

Rice:

Soak dhal for I hour. Blanch carrot, broccoli and cauliflower. Saute dhall, carrot, broccoli and cauliflower with cooking oil. Add ginger, and mix in fenugreek seed, curry leaf and turmeric powder. Season to taste. Garnish with sliced red chilli.

Rassam:

Saute all ingredients with cooking

oil until fragrant. Add tamarind juice, and garnish with diced tomatoes.

Grilled Mackerel:

Marinate mackerel with turmeric powder, chilli powder, salt and pepper. Grill the fish on medium heat for 10 minutes each side.

Vegetable Aloo Gobi:

Blanche carrots, cauliflowers, broccoli and lady's fingers. Saute red onion, garlic, ginger and curry leaf with cooking oil. Add a pinch of turmeric powder, and season to taste.

Raita:

Core cucumber and cut into thin slices. Julienne the green apple. Mix with plain yoghurt and lemon juice.

Brown Rice with Raisins:

Cook brown rice in a rice cooker. Add raisins when the rice is cooked and mix well before serving.

From your hawker Calories: 446kcal

Protein: 12g Carbs: 72g

Fat:

Frilled Mackerel:

рс mackerel fillet

pinch of turmeric powder

pinch of chilli powder

pinch of salt

pinch of pepper

/egetable Aloo Gobi:

.4g carrot

4g 4g cauliflower broccoli

4g lady's finger (blanched)

red onion

garlic

curry leaf

pinch of turmeric powder

Raita:

6g cucumber

6g green apple

g yoghurt tsp lemon juice

Brown Rice with Raisin:

