

Your Meal's Been Hacked!

We hate to break it to you, but relying on food stalls and eating out all the time in Malaysia might not be the 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





From the *MH* kitchen

Calories: 283kcal

Protein: 33g

Carbs: 41g

Fat: 5g

BANANA LEAF RICE

Recipe by Columbia Asia Hospital

INGREDIENTS

Vegetable Dalca:

60g tomato
24g carrot
24g broccoli
24g cauliflower
14g dhal
3g red chilli
2g ginger

2g *halba campur*
1 curry leaf
1 pinch of turmeric powder
2g fenugreek seed
1 dried chilli

Rassam:

20g onion
10g garlic
8g ginger
2g *halba campur*
1 curry leaf
60ml tamarind (water only)
40ml water
30g tomato

METHOD

Rice:

Soak dhal for 1 hour. Blanch carrot, broccoli and cauliflower. Saute dhal, 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: 18g



Grilled Mackerel:

2pc mackerel fillet
pinch of turmeric powder
pinch of chilli powder
pinch of salt
pinch of pepper

Vegetable Aloo Gobi:

24g carrot
24g cauliflower
24g broccoli
24g lady's finger (blanched)
1g red onion
1g garlic
1g curry leaf
pinch of turmeric powder

Raita:

6g cucumber
6g green apple
8g yoghurt
1tsp lemon juice

Brown Rice with Raisin:

80g brown rice
8g raisins

