



Quick & Easy Squid

serves 2

by Thomas Leow

INGREDIENTS

Medium-sized squid	2
Canola Oil (optional)	1 tablespoon

Marinade

Oyster Sauce	1 tablespoon
Thai Fish Sauce	1 teaspoon
Lime Juice	1 lime
Chopped Garlic	1 tablespoon
Cut Green Chilli Padi	1
Cut Red Chilli	1
Sugar	1 teaspoon
Chopped coriander stem	1 tablespoon

METHOD OF PREPARATION

1. Marinate the squid and chill for 3 to 4 hours.
2. Fry the squid in a non-stick pan, rolling it in the pan for about 3 minutes or until the squid is no longer transparent.
3. Garnish with the chopped coriander stem.

Pan-Fried Mackerel by Thomas Leow

serves 2

INGREDIENTS

Faughni Mackerel (Ikan Tembung)	2
Canola oil	2 teaspoons
Egg, beaten	1
Plain flour	1 tablespoon

Marinade

Turmeric Powder	1 teaspoon
Chilli Powder	1 teaspoon
Sweet bean sauce	2 tablespoons

Garnish

Sliced Purple Onion	1 bulb
Cut Green Chilli	1 teaspoon
Cut Red Chilli	1 teaspoon
Lime	1
Coriander Leaves	2 tablespoons



METHOD OF PREPARATION

1. Marinate the fish inside and out, rubbing in the ingredients, then chill for 1 to 2 hours.
2. Remove the fish from the marinade and save the marinade for later.
3. Roll mackerel in beaten egg and then in flour.
4. Add 2 teaspoons of canola oil to the pan and lightly pan fry the fish for 4 to 5 minutes on each side.
5. Heat up the marinade and drizzle over the fish. Sprinkle with lime juice, onion, coriander leaves and cut chilli and serve.

Recipes and photos courtesy of Hooked on Heads Restaurant. Tel: 6455 4948

Herbal Chicken

serves 4

by Thomas Leow

INGREDIENTS

Chicken	Half
Water	1 cup
Chicken stock powder	½ teaspoon
Chinese rice wine	1 teaspoon

Herbs

1. Wolfberries	1 teaspoon
2. Ligusticum Wallich	3 to 5 pieces
3. Liquorice Root	3 pieces
4. Polygonatum Rhizoma	7-8 pieces
5. Rhizoma Dioscoreae	3 pieces
6. Radix Codonopsis	5 pieces

Garnish

Spring onion	1 stalk
--------------	---------



METHOD OF PREPARATION

1. Wash and clean the chicken.
2. Pat dry with paper towel.
3. Place chicken into a deep bowl or pot.
4. Add all the six herbs and chicken stock powder.
5. Drizzle the Chinese rice wine over the chicken. Add a cup of water.
6. Put the dish into a steamer and steam for half an hour under medium to high heat or in slow cooker for 3 hours.
7. Remove the dish when done and garnish with spring onion. Serve hot.

BD Micro-Fine™ Insulin Pen Needles



BD Micro-Fine™ Pen Needles
Compatible with all leading
insulin pens.



Helping all people
live healthy lives

For more information, visit www.bddiabetes.com
BD, BD Logo and all other trademarks are property of Becton, Dickinson and Company. © 2011 BD, SEAPM112011-184.

BD Medical
30 Tuas Avenue 2
Singapore 639461