

HEALTHY COOKING

with *Oats*

SPECIAL EDITION

Malaysian Favourite Recipes with Oats

Published by



Nutrition Society of Malaysia

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Acknowledgement

Healthy Cooking with Oats: *Malaysian Favourite Recipes with Oats* is a special Malaysian edition adapted from the 1st and 3rd volume of the Healthy Cooking with Oats: Recipes from Southeast Asia series of cookbook. This series was published as a collaborative project among five nutrition professional bodies in Southeast Asia, namely - Food and Nutrition Society of Indonesia (Pergizi Pangan Indonesia), Nutrition Society of Malaysia (NSM), Nutrition Foundation of the Philippines Inc. (NFP), Institute of Nutrition, Mahidol University (INMU) and Vietnam Nutrition Association (VINUTAS).

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Oats

are Ideal in Malaysian Cuisine!



Oat is a whole grain which offers a variety of health benefits. It is an excellent choice of food that will provide you with nutrients and energy in your daily life and helps you build the foundation of a balanced lifestyle.

Besides being nutritious, oat is also a highly versatile ingredient. You can easily make an energy-packed breakfast, wholesome main meals, or refreshing smoothies to quench your thirst. Alternatively, you can even make great-tasting healthy soups and delectable cakes and sweets for your family or guests. We will show you how easy it is to power your way through your meals with these delicious, easy-to-make meals at any time of the day.

Hence, use this unique cookbook that features 23 different oat-based recipes to get you started. These are well-known traditional recipes that have been modified by the addition of oat. The recipes are accompanied by beautiful full-colour pictures that show just how delicious these healthful choices, from breakfast to dessert, can look.



Contents

Introduction

Oats are Ideal in Malaysian Cuisine!	3
Message from Chairman of Editorial Committee	6

Know Your Whole Grains & Oats

The Whole Truth about Whole Grains	8
More Whole Grains for Health!	9
Oat is a Whole Grain	10
Goodness of Oat	11



Recipes Section

About Nutrition Society of Malaysia	12
Incorporating versatile oats in the diverse Malaysian Cuisine	13

Breakfast

Banana Oat Pancake (<i>Lempeng Pisang Oat</i>)	14
Oat <i>Idli</i> with <i>Dhal</i> Gravy (<i>Oat Idli</i>)	16

Main Dishes

Butter-Milk Prawn Coated with Oat (<i>Mai Pian Nai You Xia</i>)	18
Seafood Fried Rice with Oat (<i>Nasi Goreng Oat</i>)	20
Mixed-Herb Rice with Oat (<i>Nasi Kerabu Oat</i>)	22
Pineapple Curry with Oat (<i>Pajelis Ong Lai</i>)	24
Baked Seafood Macaroni with Oat	26
Grilled Stuffed Fish with Oat (<i>Ikan Bakar Oat</i>)	28



Main Dishes

Chicken Cooked in Spiced Coconut Milk and Oat (<i>Rendang Ayam Oat</i>)	30
Lombok Spiced Porridge with Oat (<i>Bubur Lombok dengan Oat</i>)	32
Bandung Noodles in Spicy Mixed Gravy with Oat (<i>Mee bandung dengan oat</i>)	34
Sweet & Sour Chicken	36
Chicken & Oat <i>Wonton</i> in Soup	38
Chicken <i>Masala</i> with Oat	40




Snacks

Prawn Fritters with Oat (<i>Cucur Udang Oat</i>)	42
Chicken Nugget with Oat Crust	44
Banana-Mango Oat Smoothie	46
Stuffed Chilli with Fish & Oat (<i>Solok Lada dengan oat</i>)	48
Steamed Yam Cake with Oat	50
Lentils & Oat Fritters (<i>Masala Vadai</i>)	52

Desserts

Carrot Oat Muffin	54
Sweet Potato-Oat Donut (<i>Kuih Keria Oat</i>)	56
Chocolate Oat Brownies	58





Message from Chairman of Editorial Committee

Malaysia is facing the double burden of malnutrition problems, with persistent issues of undernutrition (especially among children and women of reproductive age), and an epidemic of obesity, diabetes and other non-communicable diseases related to over-nutrition. It is therefore of paramount importance for all stakeholders to spare no effort to promote greater awareness among the community on healthy eating practices.

As a contribution of the Nutrition Society of Malaysia towards this goal, NSM has published the **HEALTHY COOKING WITH OATS** cookbook. This unique recipe book focuses on enhancing the Malaysian traditional cuisine by encouraging the consumption of healthier food ingredients and the use of healthier cooking methods. These are crucial basic steps towards healthy eating practices.

The star ingredient of the recipe book is the humble oat. This whole grain can be easily found in stores and is a truly versatile food ingredient. It can be used either by itself, in addition to, or in place of, other ingredients. Our main aim is to promote healthy cooking practices and eating habits.

Included in this cookbook is a section that walks you through the basics of whole grains and why they are an essential part of a healthy lifestyle. This section goes on to provide information on oats as an example of whole grains and its healthful benefits. Adding oats into different daily meal occasions is one of the ways of meeting the Malaysian Dietary Guidelines recommendation of consuming at least half of the daily grains from whole grains.

The recipes in this cookbook have been selected from the diverse variety of popular traditional dishes in the country. Oats are incorporated into the dishes either by adding or replacing other ingredients so that the taste of these dishes can be easily accepted by the population. In order to make it easier for you to refer to, the recipes featured in this book have been categorised according to mealtimes that will accommodate the practical needs of your family.

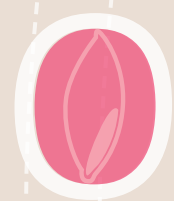
We hope that you will gain greater awareness of the taste and health benefits of whole grains, especially oat. It is our hope this cookbook, developed with an educational grant from the Pepsico Services Asia Ltd (Quaker), will inspire more people to enjoy cooking and start developing interest in healthy eating.

Enjoy trying out these oat-based recipes and relish your journey of lifetime of good health!

Dr Tee E Siong

Chairman, Editorial Committee
President, Nutrition Society of Malaysia

Know Your Whole Grains & Oats



The Whole Truth about Whole Grains

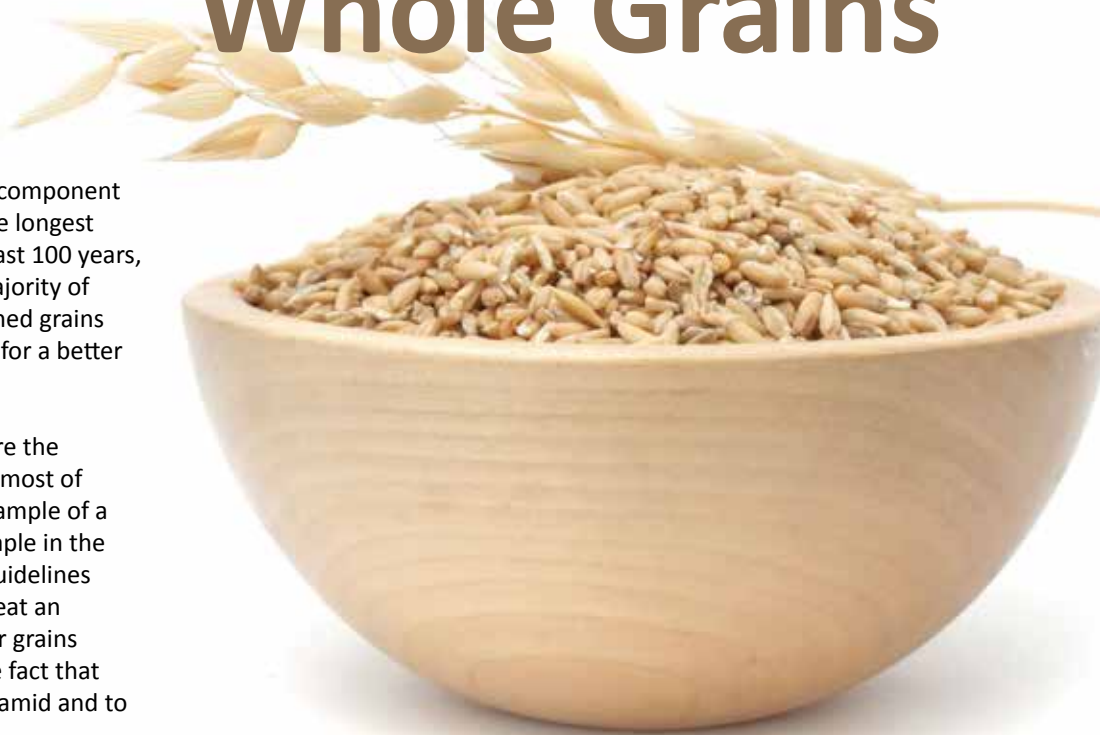
Whole grains have been a component of the human diet for the longest time. However for the past 100 years, the trend has changed in which majority of the population are consuming refined grains and refined-grains based products for a better texture/ taste and longer shelf life.

Grains and grain-based products are the most important source of food for most of the Asian population. Rice is an example of a grain commonly consumed as a staple in the South East Asian diet. All dietary guidelines in Southeast Asia recommends to eat an adequate amount/variety of rice or grains as their staple food is based on the fact that they form the base of the food pyramid and to supply your daily energy needs.

Consuming whole grains as part of your daily diet is especially important. They are excellent source of energy, vitamins, minerals, dietary fibre, and phytonutrients. The Malaysian Dietary Guidelines (MDG) recommends to consume **at least half of the grains from whole grains daily**.

Do you know the difference between whole grains and refined grains?

- Whole grains contain more nutrients than refined grains
- All refined grains in the market actually started out as whole grains. The step involved in the process of refining grains is to remove the outer layers; bran and germ.
- Refined grain manufacturers try to address the loss of nutrients by fortifying their products with nutrients such as several B vitamins and/or iron.



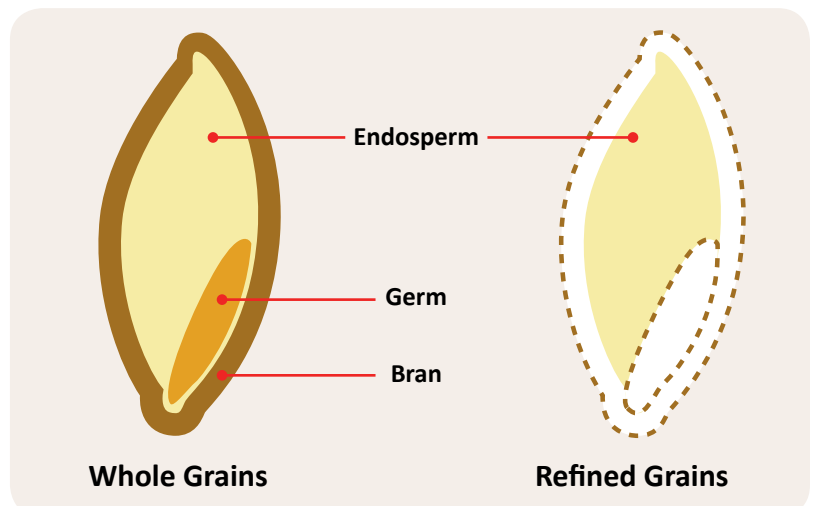
What makes it 'wholesome'?

Whole grains are more nutritious because they are 'complete' grains and are rich in a number of micronutrients (especially vitamins and minerals), dietary fibre, and several phytonutrients (many of which possess antioxidant properties).

They consist of:

- **Bran** – which contains important phytonutrients, B vitamins, some minerals and dietary fibre
- **Germ** – which contains B vitamins, vitamin E, phytonutrients and unsaturated fatty acids
- **Endosperm** – which contains starchy carbohydrates, some protein and phytonutrients

Refined grains, on the other hand, consists only of the endosperm, thus losing out on all the other vital nutrients found in the bran and germ.



More Whole Grains for Health!



Why choose whole grains? Numerous studies have found that whole grains are beneficial in improving our health and reducing the risk of various chronic diseases. Some of the benefits include:

- **Good for digestive health:** Whole grains are high in dietary fibre, which helps to promote healthy gut microbiota, reduce constipation, and control bowel movement.
- **Healthy weight management:** Dietary fibre in whole grains makes you feel satisfied or full longer after eating, hence preventing overeating. Making whole grains as part of your regular diet can help decrease the risk of obesity and weight gain.
- **Control of blood glucose:** Whole grains are digested slowly by the body, thereby reducing spikes in blood glucose. Thus, regular intake of whole grains can help manage blood glucose level.
- **Reduce cancer risk:** Research has indicated that a diet rich in whole grains may reduce the risk of certain cancers. The antioxidant properties of some phytonutrients, the presence of vital micronutrients,
- and high fibre content may play a role in this.
- **Reduce risk of cardiovascular diseases (CVD):** Consistent whole grain intake may help to lower the risk of CVD, as they contain a combination of important nutrients like phytonutrients, trace minerals, dietary fibre and vitamin E.

Whole Grains: Nutrient-packed Goodness

A steady intake of whole grains are good for our health, all thanks to their rich content of essential nutrients, such as dietary fibre, several vitamins and minerals, phytonutrients, and unsaturated fatty acids.

- **Dietary fibre:** Originating from plants, dietary fibre is not digestible by our body, but vital for many digestive functions. However, we tend to neglect it in our diet.
- **Micronutrients:** Consisting of vitamins and minerals, a small yet optimum amount of micronutrients are essential for various body functions.
- **Phytonutrients:** Also found in plants, they are a group of biologically active components with different functions. Some of them act as antioxidants and can help reduce the risk of cancers and heart diseases.

Types of Whole Grains and Wholegrain Products

Whole grains

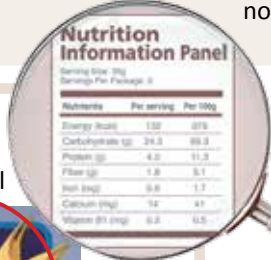
- Brown rice
- Oats
- Corn
- Hulled barley
- Rye
- Quinoa

Wholegrain products

- Wholegrain bread
- Wholegrain cereals
- Wholewheat pasta
- Wholegrain crackers
- Wholegrain noodles

How to Identify Wholegrain Products

- Look for words such as 'whole grain', 'wholewheat', or 'wholemeal' on the food label
- Check the list of ingredients and make sure that whole grains are listed as the first or second ingredient
- Pick products that list the % of whole grain content on the label and opt for those with higher percentage



Oat is a Whole Grain



Oat is a whole grain that you can consider including in your daily diet.

It is one of the grains that almost never have its bran and germ eliminated during processing. When it comes to simplicity, oat is really one of the best choices as you can prepare them very quickly, making them a perfect quick-fix for those times when you are very busy. Additionally, they are also versatile enough to be used in many creatively delicious recipes.

Know Your Oats

There are many types of oats available in the market. There are old fashioned, steel-cut, rolled/quick cook, and instant oats. Almost all of its varieties are whole grains with the exception of oat bran which only contains the bran, not the germ or endosperm. All oat varieties have already been roasted at low temperature in order to increase their shelf life. The main difference between the different types is the type of processing involved.



Old Fashioned Oats

100% natural rolled oat cooks in five minutes.



Steel-Cut Oats

The oat is cut into pieces and not rolled for a full, hearty texture, and rich, nutty taste. This type of oat usually has the longest cook time and retains a tougher and more chewy texture. It is the preferred oat variety for making porridge, meatloaf, or as a savoury congee.



Instant Oats

Also known as quick oats, instant oats are pre-cooked and dried, then rolled and pressed more thinly than rolled oats. This allows them to cook more quickly, but also means they usually end up becoming mushy as they lose more of their texture when cooked. Instant oats can replace rolled oats for baking recipes, the cook time is less and the final product will have less texture.

Rolled/Quick Cook Oats

They are steamed then pressed, giving them their distinctive flat shape. They cook faster than steel-cut oats, absorb more liquid, and do hold their shape relatively well during cooking. These are great as a simple breakfast meal or can be used to make granola bars, cookies, muffins, and other baked goods. Recipes that use rolled oats will need a slightly longer cooking time and the final product will have more texture, compared to instant oats.



Oat-based Products

There are numerous varieties of oat-based food products available in the market such as oat cookies, ready-to-eat oat cereals, flavoured sweet/savoury oat porridge, oat beverages, snack bars, and noodles.



Goodness of Oat

As a whole grain, oat is a great source of **essential nutrients** and good for health, in addition to being a tasty ingredient.

- Oat has a high content of **dietary fibre**, which is good for our digestive health. It can help regulate bowel movement, reduce the risk of constipation, and stimulate a feeling of fullness.
- It also contains a special type of dietary fibre, beta-glucan, which has been shown in studies to be able to lower blood cholesterol and control the rise of blood glucose level.
- Oat contains fair amounts of **protein and unsaturated fatty acids**. In fact, more protein and unsaturated fatty acids are found in oat compared to other grains.
- A rich source of **micro-nutrients**, oat contains a variety of vitamins and minerals. Different types of vitamins such as vitamin B1, B2, B3, E and folate can be found in oat. Several key nutrients like iron, phosphorus, magnesium and zinc are also available. These micronutrients are vital for various functions in our body.
- Another type of nutrient found in oat is **phytonutrients**, consisting of a wide variety of biologically active plant components. Studies found that phytonutrients exhibit antioxidant and anti-inflammatory properties which have the potential in lowering the risk of chronic diseases such as cardiovascular diseases and cancers.

With all these benefits, oat is clearly the ideal option to increase your family's whole grain intake. Together with a balanced diet and regular physical activities, these will be fruitful in your journey of healthy lifestyle.

In order to enjoy the health benefits of oat, sufficient amount of it need to be taken daily. This can be achieved by including oats into various meals throughout the day.

Oat Multipurpose Ingredient for Any Meals!

A healthy meal does not mean that it has to be bland and tasteless. Various ways are available to make a nutritious yet delicious dish. One way is by incorporating oats in your dish, making it healthier and tastier. Oat is a multipurpose ingredient that can be used in different meals throughout the day, either light or heavy, from sweet to savoury. Try these tips to include oat in your daily diet:

- Have breakfast with overnight oats (oats soaked in milk/ yoghurt overnight in fridge, served with fruits/nuts)
- Add oats in fruit smoothies or when baking cakes/muffins
- Add roasted oats to stir-fry dishes to add more crunch
- Coat fish/meat with rolled oats before grilling or roasting
- Top-up your bowl of oatmeal with savoury dishes like poached eggs or sautéed mushrooms

There are many more ways to include oat in your diet. This cookbook is published to introduce the benefits of oat as a whole grain, and to demonstrate its versatility as an ingredient. Using the recipes presented here, you and your family will be able to savour the goodness that wholegrain oats can offer to impart various benefits to health.

Good to know...

In recognition of the beneficial effect of beta-glucan on blood cholesterol, the Ministry of Health Malaysia has permitted a health claim that beta-glucan from oat may help lower blood cholesterol level.



Useful tips!

Use oat to replace wheat in recipes for people with wheat allergy. Oat is gluten-free.



Nutrition Society of Malaysia

IMPROVING LIVES through **NUTRITION**

As a professional organisation, we are guided by a simple belief – the more people understand food and nutrition, the better they can care for their health and well-being.

For that reason, we support the advancement of research, sharing practical insights and important discoveries for the benefits for all.

We also support the Government's efforts in promoting healthy nutrition in the society to combat nutrient deficiencies as well as diet-related chronic diseases in the country (e.g. obesity, diabetes, hypertension and coronary heart disease).

In caring for the community, we continuously disseminate practical nutrition information to the young and old alike, guiding

them to discover the benefits of good nutrition and a healthy lifestyle.

We are committed to improve lives through nutrition. It's our way of serving Malaysians.

Established in 1985, the Nutrition Society of Malaysia (NSM) is a non-profit scientific organisation that facilitates networking among its 500 professional members and engages in the following scientific and community nutrition promotion activities to achieve its goal.

For more information, visit our website:
www.nutriweb.org.my

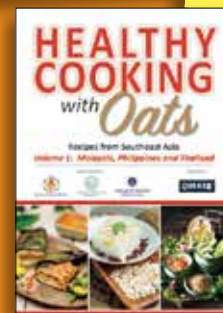


Our Activities

- Organise annual scientific conferences
- Conduct scientific update sessions
- Advice to government health & regulatory authorities & scientific bodies
- Research on specific community groups
- Lead the Southeast Asia Public Health Nutrition (SEA-PHN) Network
- Conduct nutrition promotion programmes in collaboration with other professional organisations and corporate companies
 - specific target groups especially women, infants and children (eg Healthy Kids, Mi-Care, MyNutriBaby, Positive Parenting)
 - community-based promotion programmes eg Nutrition Month Malaysia, Probiotics Education Programme
- Establish a comprehensive and authoritative website on nutrition for Malaysians

Our Major Publications

- Malaysian Journal of Nutrition
- Berita NSM (newsletter)
- Series of recipe books
 - Healthy Cooking with Oats. Recipes from SEA. Vol 1. Malaysia, Philippines, Thailand
 - Junior Chef Cookbook Vol 1. Let's Play Healthy Cooking.
 - Nutritionists' Choice Cookbook (Vol 1: Healthy Recipes for Your Little Ones. Vol 2: Resipi Untuk Seisi Keluarga)
 - Resipi Sihat, Pilihan Bijak (Vol 1 & 2)
- Various educational booklets and leaflets on dietary guidelines and specific foods
- Nutrition Month Malaysia booklets on healthy eating and active living (www.nutritionmonthmalaysia.org.my)



Junior Chef Cookbook Vol 1. Let's Play Healthy Cooking, Nutritionists' Choice Cookbook (Vol 1 & 2), Resipi Sihat, Pilihan Bijak (Vol 1 & 2), Healthy Cooking with Oats



Healthy Eating During Pregnancy & Lactation



Wonders of Whole Grains



Women@Heart Wanita & Pemakanan manual for professionals and leaflets for public



Malaysian Dietary Guidelines leaflets



Breastfeed with Confidence



Baby's First Bites



Healthy Spoonfuls for Toddlers

Incorporating versatile oats in the diverse **Malaysian Cuisine**

The diverse multi-ethnic population of Malaysia, comprising the Malay, Chinese, Indian, and various indigenous ethnics in the Peninsula, Sabah, and Sarawak, is reflected in the rich and wide-ranging cuisines. Malaysians are proud of the wealth of their dishes with various styles from different cultures. Malaysian dishes are also famous for using numerous combinations of exotic herbs and spices, such as turmeric, ginger, coriander, lemongrass, kaffir lime, curry leaf, and others, which are sure to bring excitement to your taste buds.

Being a versatile ingredient, oat can be adapted to most Malaysian dishes with ease. For example, oat can be used to replace flour as gravy thickener such as in our *Mee Bandung* recipe. It is also suitable as additional ingredients as shown in our *Chicken Masala with Oats* and *Bubur Lambuk Oat* recipes. You can also use oat to replace similarly-textured ingredients such as grated coconuts (such as in the *Solok Lada*) or bread crumbs (example the *Sweet & Sour Chicken*), to give you that extra crunch!

With these small yet significant changes, your meals will be more fulfilling and you can get the benefits of whole grain from oat. The adaptability of oat means that you can use it in any kinds of meals, from main meals to savoury *Wonton* soup and *Masala Vadai*. These recipes are sure to attract people of all ages – from kids to adults – to try oat and make them realise that it is not only for sick people. Try these recipes and taste for yourself how oat can be added in the diverse dishes of Malaysia.





BANANA OAT PANCAKE (*Lempeng Pisang Oat*)

Banana Oat Pancake

(Lempeng Pisang Oat)

Makes: 8 pancakes

Preparation time: 10 min

Cooking time: 10 min

Ingredients

- 150 g (1 ½ cups) instant oat
 - 60 g (½ cup) self-raising flour
 - 4 g (¾ tsp) baking powder
 - 50 ml (3 ½ tbsp) evaporated milk
 - 100 ml (½ cup) low fat milk
 - 50 ml (3 ½ tbsp) water
 - 5 g (1 tsp) palm sugar (*gula melaka*)
 - 250 g (3 whole) banana, mashed
 - 2.5 ml (½ tsp) vanilla extract
 - Salt to taste
 - 100 g (1 medium size) sliced banana
- } 150 ml milk combination

A popular breakfast among the Malay community in Malaysia. *Pisang Berangan* (a type of banana) is commonly used to make *lempeng pisang* or banana pancake. Oat is mixed with flour for texture and to increase fibre and nutrient content. *Pisang Emas* and *Pisang Rastali* can also be used to make *lempeng*.

* Optional topping: butter and honey.
Doing this, will add more calories to the pancake.

Instructions

1. Add instant oat, self-raising flour and baking powder in a bowl. Then add milk combination, water, palm sugar, mashed banana, vanilla extract, and salt into the oat-flour mixture and mix well.
2. Let the mixture rest for 5 minutes, heat up non-stick pan and pour the mixture into a small, round mould. When the batter is half-cooked, place a few sliced bananas on top.
3. Cook the pancake on medium heat and make sure both sides are properly cooked till it is golden brown.
4. Serve the pancake hot with honey and butter if desired.

Nutrient Content Per Piece

Calories 159 kcal

Carbohydrate 30.0 g

Protein 4.7 g

Fat 2.5 g



OAT IDLI WITH DHAL GRAVY (*Oat Idli*)

Oat *Idli* with *Dhal* Gravy

(Oat Idli)

Makes: 12 *idli*

Preparation time: 30 min

Cooking time: 15 min

Ingredients

For *idli*:

200 g (2 cups) instant oat, ground into powder
 125 g (1 cup) rice flour
 100 ml (½ cup) low fat yoghurt
 2.5 g (½ tsp) baking soda
 Salt to taste
 500 ml (2 cups) water

Dhal Gravy:


50 g (½ cup) *dhal*, soak overnight
 15 g (1 tbsp) garlic, chopped
 15 g (1 tbsp) turmeric powder
 2 L (8 cups) water
 15 g (1 tbsp) ghee
 15 ml (1 tbsp) cooking oil
 75 g (5 tbsp) onion, sliced
 3 g (10 pcs) of curry leaves


A traditional Indian breakfast usually served with *dhal* gravy or *chutney*. This is an instant *idli* recipe. Yoghurt is added to give the sourish flavour. Oat is blended and added with rice flour to increase nutrient value and fibre content.


6 g (1 whole) green chilli, sliced
 3 pcs of cardamom
 5 g (1 inch) cinnamon stick
 15 g (1 tbsp) coriander powder
 5 g (1 tsp) cumin powder
 5 g (1 tsp) fennel powder
 25 g (1 whole) tomato, cut into wedges
 Salt to taste

Instructions


For *idli*:


 Mix together powdered instant oat, rice flour, yoghurt, baking soda, salt and water in a bowl to make the *idli* batter. Let it rest for 15 minutes. (The batter should be same consistency with pancake batter).


 Boil water in a steamer. Grease the *idli* moulds with oil and pour a ladle of batter into the *idli* mould.


 Steam for 15 minutes or until the *idli* is cooked. A toothpick inserted in the *idli* should come out clean. When slightly cooled, remove the *idli* from the mould and serve hot with any *chutney* or *dhal* gravy.

For *dhal* gravy:

 Boil ingredients A in a stock pot.

 Heat up pan with ghee and oil and sauté sliced onions until light brown. Add curry leaf, green chilli, cardamom and cinnamon stick and cook until fragrant.

 Stir in coriander, cumin, fennel powder and salt. Sauté lightly and add in tomato wedges. Then, transfer into the ready-boiled *dhal* in the stock pot and cook slowly for 25 minutes or until the right thickness consistency is met. Season the gravy to taste.

 Scoop ½ cup of gravy and serve with 2 pieces of *idli*.

Nutrient Content Per Serving for 2 Pcs of *Idli*
and ½ Cup of *Dhal* Gravy

Calories 261 kcal

Carbohydrate 46.1 g

Protein 8.1 g

Fat 5.9 g



BUTTER-MILK PRAWN COATED WITH OAT (*Mai Pian Nai You Xia*)

Butter-Milk Prawn Coated with Oat *(Mai Pian Nai You Xia)*

Serves: 4

Preparation time: 20 min

Cooking time: 10 min

Ingredients

- 50 g (½ cup) quick-cook oat
- 350 g medium prawns, peeled and deveined (leave the tail)
- Salt and pepper to taste
- 50 g (½ cup) instant oat
- 53 g (1 whole) eggs, beaten
- 500 ml (2 cups) oil (for deep frying)





It is a popular dish among the Chinese community. One of the key ingredients is the curry leaf which is highly aromatic. Oat is used to coat the prawn and it is an excellent way to increase whole grain intake.

Buttermilk dip




- 30 g (2 tbsp) butter
- 3 g (10 pcs) curry leaves
- 4 g (2 pcs) bird's eye chillies, sliced
- 60 ml (¼ cup) evaporated milk
- 5 g (1 tsp) sugar
- Salt and black pepper to taste

Instructions

For prawn:

-  Place the quick-cook oat into the blender and blend at medium speed for few seconds. Set aside.
-  Season the prawns with salt and pepper. Dip the prawns in instant oat, and then in beaten eggs. Place the prawns on a tray and coat them with grinded quick-cook oat.
-  Heat up oil in pan and fry the prawns over medium heat until golden brown.
-  Remove the prawns from the pan and use kitchen towel to absorb the excess oil.

For buttermilk sauce:

-  Melt butter in a pan.
-  Fry curry leaves for a few seconds until fragrant and stir in the bird's eye chillies.
-  Pour in evaporated milk. Season it with sugar, salt and freshly ground black pepper for taste. Once done, serve with deep fried oat-coated prawns.

Nutrient Content Per Serving for Prawn and Buttermilk Dip

Calories 374 kcal

Carbohydrate 11.2 g

Protein 20 g

Fat 28.7 g



SEAFOOD FRIED RICE WITH OAT (*Nasi Goreng Oat*)

Seafood Fried Rice with Oat

(Nasi Goreng Oat)

Serves: 4

Preparation time: 25 min

Cooking time: 15 min






Ingredients

100 g (1 whole) carrot, skin removed and shredded
 30 g (2 stalks) long beans, finely sliced
 70 g (1 cup) cabbage, cut in small dice
 10 ml (2 tsp) cooking oil
 100 g (8 whole, medium) fresh prawn, deveined
 80 g (1 cup) fresh squid (no head), clean/ cut into ring
 60 g (3 pcs) crab sticks, slice in 1 cm thickness
 10 g (2 cloves) chopped garlic
 100 g (2 whole) eggs, beaten
 320 g (2 ½ cups) cooked brown rice
 200 g (2 cups) rolled oat
 5 ml (1 tsp) light soy sauce
 Salt and black pepper to taste

Fried rice is an all-time favourite Malaysian dish, which can be made using a variety of ingredients. Being an all-in-one dish, it is very popular among kids. Using brown rice and oat in the recipe encourages the consumption of whole grains. This results in a more nutritious fried rice!

20 g (½ cup) fresh lettuce
 5 g (8 stalks) sprig coriander leaves (for garnishing)
 20 g (½ whole) Japanese cucumber
 20 g cherry tomato, cut into half
 2 stalks of spring onions, finely sliced

Instructions

-  Boil 3 cups of water with a pinch of salt and blanch carrots, beans and cabbage. Let it half cook and put ice to stop the cooking process to maintain the crunchiness of the vegetables. Drain vegetables and set aside.
-  Heat the oil in a pan on medium heat and sauté garlic. Add the mixed seafood. Once cooked, add in eggs, stir equally.
-  Add in the cooked rice and oat with the crunchy blanched vegetables.
-  Season with soy sauce, salt and pepper to taste.
-  Serve the fried rice hot, garnish with fresh lettuce and coriander leaves, sliced cucumbers, cherry tomatoes and sprinkle with finely sliced spring onion.

Nutrient Content Per Serving

Calories 419 kcal

Carbohydrate 60.3 g

Protein 21.4 g

Fat 10.9 g



MIXED-HERB RICE WITH OAT (*Nasi Kerabu Oat*)

Mixed-Herb Rice with Oat

(Nasi Kerabu Oat)

Serves: 8

Preparation time: 40 min

Cooking time: 30 min

Ingredients

400 g (2 cups) uncooked rice
 5 g (1 tsp) light blue colouring (to substitute the flower extract)
 10 g (1 piece) *pandan* leaf

Coconut Sambal

75 g (½ cup) grated coconut
 15 g (2 cm) ginger
 40 g (3 whole) small red onion, sliced thinly
 240 g (2 medium) mackerel fish, bake and debone, flaked
 30 g (2 stalks) lemongrass, pounded
 20 g (1 ½ tbsp) grated coconut, roasted till crispy golden brown and pounded (*kerisik*)
 50 g (½ cup) instant oat
 150 g (1 ½ cups) rolled oat
 20 g (1 ½ tbsp) palm sugar, grated
 White pepper and salt to taste

Sauce

8 g (8 pcs) dried chillies, soaked in hot water, seeds discarded
 60 g (6 whole) shallots
 250 ml (1 cup) thin coconut milk
 5 g (1 slice) *asam keping*
 15 g (1 stalk) lemongrass, crushed slightly
 5 g (1 tsp) salt
 5 g (1 tsp) castor sugar

Instructions

For Rice

- 🌸 Cook rice in a normal rice cooker. When it is half cooked, mix in blue colouring (If *bunga telang* is not available) and *pandan* leaf. When rice is ready, set aside and keep it warm.

For Coconut Sambal

- 🌸 Roast the grated coconut in a dry pan, over low heat. Stir constantly until it turns golden brown. Set aside to cool.
- 🌸 Blend the ginger and shallots together until fine.
- 🌸 In a mixing bowl, add the mackerel fish, blended ingredients (onion and ginger), pounded lemongrass and *kerisik*. Mix well with instant and roll oat.
- 🌸 Season with salt, sugar, white pepper and place in a serving dish.

For Sauce

- 🌸 Grind the chillies and shallots together until fine.
- 🌸 Add the blended spices with coconut milk, *asam keping* and lemongrass into the pot and bring to a slow boil.

Nasi Kerabu is a Kelantanese rice dish, served with various herbs, vegetables, spices and usually eaten with a variety of side dishes. The rice served in this dish is usually blue in colour as it is soaked and cooked with the extract of the purplish blue '*bunga telang*' or butterfly pea flower. Oat is incorporated with coconut *sambal* to reduce the usage of grated coconut, at the same time increasing the nutrient and fibre content.

Local Native Salad *kerabu*:

60 g (5 pcs) long beans, sliced finely
 150 g (1 whole) cucumber, cut in matchstick slices
 10 g (6 stalks) sprig polygonum leaves (*daun kesum*), sliced finely
 20 g (1 ½ tbsp) *daun pegaga*, sliced finely
 30 g (2 stalks) lemongrass bulbs (*serai*), sliced finely
 20 g (1 ½ tbsp) lily bulb (*bunga kantan*), sliced finely
 30 g (2 tbsp) *kacang botor*, sliced finely
 30 ml (2 tbsp) *budu* (a pungent Kelantan fish sauce)
 10 g (5 whole) bird's eye chillies, sliced
 35 g (1 whole) lime, sliced into wedges

- 🌸 Add salt and sugar to taste and simmer for another 10 minutes, stirring constantly.

- 🌸 Serve in a bowl.

For *Kerabu*:

- 🌸 Arrange all the finely sliced ingredients (lemongrass bulb, basil leaves, cucumber, sprig polygonum leaves, *daun selon*, *ulam raja*, *daun pegaga*, *kacang botor*, lily bulb, long beans) onto a serving platter. In a separate bowl, serve the *budu* and sliced bird's eye chillies with lime wedges on the side.

To serve *Nasi Kerabu*:

- 🌸 Mix the rice with the native salad (*kerabu*) or serve a handful of *kerabu* on rice in a plate.
- 🌸 Serve with 2 tablespoons of coconut *sambal*, 2 tablespoons of sauce and a slice of lime.
- 🌸 *Nasi Kerabu* can also be served with salted egg and fried fish if desired.

Nutrient Content Per Serving for ½ Cup of Cooked Rice,
 2 tbsp of Sauce, 2 tbsp of Coconut Sambal, and Kerabu

Calories 278 kcal

Carbohydrate 45.7 g

Protein 8.1 g

Fat 7.1 g



PINEAPPLE CURRY WITH OAT (*Pajelis Ong Lai*)

Pineapple Curry with Oat

(Pajelis Ong Lai)

Serves: 6

Preparation time: 15 min






Cooking time: 10 min

Ingredients

- 5 ml (1 tsp) vegetable oil
- 15 g (1 whole) onion, chopped
- 5 g (1 tsp) coriander seeds, pan roasted and ground
- 5 g (1 cm) fresh turmeric, pounded
- 3 g (3 cloves) star anise
- 1 g (1 whole) clove
- 6 g (6 whole) dried chillies, cut and soaked in hot water and finely pounded into chilli paste
- 30 g (2 tbsp) ready-made chilli paste
- 60 g (4 tbsp) curry powder (preferably meat curry powder)
- 200 ml (1 cup) vegetable stock
- 45 g (3 tbsp) brown sugar
- 60 ml (4 tbsp) thin coconut milk
- 645 g (1 whole) ripe pineapple, cleaned and cut into 1 cm cube
- Salt to taste
- 50 g (½ cup) rolled oat
- Coriander leaves, chopped for garnishing

A popular dish among the Nyonya and Malay community, it is a flavourful dish with a balanced combination of spicy, sweet, and sour taste, making it very appetising indeed! Oat is used to thicken the gravy and to reduce the amount of coconut milk used. In this way, the nutrient and fibre content are also increased.

Instructions

-  Heat the oil in a pan.
-  Fry the onion until soft and immediately add in ground coriander seeds, fresh turmeric, star anise, clove and ready-made chilli paste and pounded dry chilli paste.
-  Stir in the red chilli paste curry powder, then add vegetable stock, brown sugar and coconut milk. Simmer for 15-20 minutes.
-  Stir in the pineapple and cook for a few minutes until the pineapples are tender. Add in oats to make the gravy thicker and season with salt.
-  Sprinkle coriander leaves and serve the curry together with rice or noodles.

Nutrient Content Per Serving

Calories 190 kcal

Carbohydrate 33.5 g

Protein 3.6 g

Fat 4.7 g



BAKED SEAFOOD MACARONI WITH OAT

Baked Seafood Macaroni with Oat

Serves: 8

Preparation time: 20 min

Cooking time: 25 min


Ingredients


200 g (2 cups) elbow macaroni
 15 g (1 tbsp) butter
 40 g (4 pcs) unsalted butter
 8 g (½ medium) onion, finely chopped
 5 g (1 clove) garlic, minced
 30 g (½ cup) leek, thinly sliced
 100 g (5 stalks) celery, thinly sliced
 10 g (2 tsp) fresh thyme
 5 g (1 tsp) fresh oregano
 120 g (10 whole, medium) prawn, de-shelled and cubed
 180 g (1 cup) fresh squid, cut into rings
 80 g (½ whole) crab meat
 100 g (4 pcs) sea bass fish, cut into 1cm cubes
 400 ml (2 cups) milk
 100 g (1 cup) instant oat


Pasta is becoming an increasingly popular cereal-based food in Malaysia. It is also quite popular among kids. By incorporating oat in the recipe, it becomes an interesting way to introduce whole grains and increase fibre intake.

Coarse salt and pepper to taste
 A pinch ground nutmeg
 25 ml (1 ½ tbsp) cooking cream
 50 g (½ cup) mix cheese, grated – mozzarella, parmesan and cheddar
 100 g (1 cup) quick cook oat
 50 g (½ cup) breadcrumbs


Instructions


 Cook macaroni in boiling water until al dente. Drain, rinse with cold water and set aside.


 Melt butter over medium heat in a saucepan. Sauté onion, garlic, leek, celery, thyme, and oregano until fragrant. Put in prawn, squid ring, crab meat and cubed fish meat.


 Add milk and whisk together with instant oat until smooth. Bring to a boil and then simmer for about 2 to 3 minutes until sauce has thickened.


 Season with salt, pepper and nutmeg.


 Pour the macaroni and cooking cream into the pan and mix well.

 Pre-heat the oven at 180°C.

 Fold in seafood macaroni stew and transfer to a baking dish.

 Mix grated cheese, quick cook oat, and bread crumbs in a separate bowl to form oat-cheese crumbs.

 Scatter the oat-cheese crumb on top of seafood macaroni mixture.

 Place baking dish on a rimmed baking sheet. Bake until topping is golden and sauce is bubbling for about 15 to 20 minutes. Cool for 5 minutes before serving.

Nutrient Content Per Serving

Calories 371 kcal

Carbohydrate 44.6 g

Protein 21.9 g

Fat 12.4 g



GRILLED STUFFED FISH WITH OAT (*Ikan Bakar Oat*)

Grilled Stuffed Fish with Oat

(Ikan Bakar Oat)

Serves: 5

Preparation time: 30 min

Cooking time: 25 min

Ingredients

650 g sea bass, remove centre fishbone, butterfly or fillet

Grilled fish filling paste:

5 ml (1 tsp) cooking oil

60 g (6 whole) fresh red chilli, deseeded

5 g (1 tsp) chilli paste

15 g (1 tbsp) roasted shrimp paste (*belacan*)

20 g (2 whole) shallots

15 ml (1 tbsp) lime juice

1.25 g (¼ tsp) salt

7.5 g (1 ½ tsp) sugar

30 g (1 stalk) lemongrass, cut into thin slices

5 g (1 piece) lime leaf

1.25 g (¼ tsp) turmeric powder

100 g (1 cup) quick cook oat

10 g (1 piece) banana leaf, for wrapping

Grilled stuffed fish is a classic Malay cuisine famously known as '*ikan bakar*'. Oat is introduced in the recipe to replace the usage of grated coconut. It is also one of the best ways to introduce oat in our daily diet and to increase our daily whole grain intake.

Spicy Dark Soy sauce:

30 g (3 whole) fresh red chilli, deseeded

4 g (2 whole) bird's eye chilli, deseeded

20 g (2 whole) shallots, thinly sliced


100 g (7 tbsp) dark soya sauce


A pinch of sugar and salt


Mix all ingredients for spicy dark soy sauce, refrigerate and serve with ½ lime or 1 calamansi lime (*limau kasturi*)


Instructions

Grilled fish filling paste:

 Place all the fish filling ingredients in a blender (except oats and banana leaf) and blend into a smooth paste with some water.

 Mix the blended paste with oat. Then stuff it inside the fish stomach or place the paste on the fillet. Wrap each fish separately in a banana leaf.

 Heat the oven at 180°C, place the wrapped fish in the oven and bake for 25 minutes or heat up flat grill pan on medium heat. Cook the fish on top the pan for about 12-15 minutes each side.

 Serve grilled fish with rice and spicy dark soy calamansi sauce.

Nutrient Content Per Serving

Calories 237 kcal

Carbohydrate 18.2 g

Protein 28.1 g

Fat 5.3 g



CHICKEN COOKED IN SPICED COCONUT MILK AND OAT (*Rendang Ayam Oat*)

Chicken Cooked in Spiced Coconut Milk and Oat

(Rendang Ayam Oat)

Serves: 8

Preparation time: 25 min





Cooking time: 25 min

Ingredients

150 g (1 ½ cups) instant oat
 20 g (20 pcs) dried chillies, cut and soak in hot water till soft
 100 g (8 whole) shallots, sliced
 25 g (5 cloves) garlic, sliced
 25 g (3 cm) ginger, sliced
 30 g (3 cm) galangal, sliced
 5 g (1 cm) turmeric root, sliced
 36 g (2 stalks) lemongrass, sliced
 5 g (1 tsp) salt
 5 g (1 tsp) brown sugar
 800 g chicken, skinned and cut into 5cm pieces
 250 ml (1 cup) thin coconut milk
 50 ml (¼ cup) fresh milk
 1 turmeric leaf, thinly sliced
 5 g (3 whole) kaffir lime leaves, torn into pieces

Chicken *rendang* is a popular dish among the Malay community, usually served during festive seasons such as Hari Raya. It is now an all-time favourite, which is easily accessible any day among Malaysians. Oat is incorporated to reduce the usage of coconut milk / *kerisik* (fried grated coconut) and to act as a thickener. By incorporating oat in one of Malaysia's most favourite dish, we can increase our whole grain intake daily.

Instructions

-  Place oat in a pan and "dry fry" over low heat until lightly coloured. Cool for 5 minutes and use a small food processor to make fine crumbs. Set aside.
-  Rinse chillies and blend with shallots, garlic, ginger, galangal, turmeric and lemongrass. Whisk to a fine paste.
-  Place paste, salt and brown sugar in a pan and bring it to simmer. Add chicken pieces, coconut milk, and fresh milk. Cook on medium heat until chicken is tender and gravy has thickened for about 25-30 minutes.
-  Add toasted oat crumbs, turmeric and kaffir lime leaves. Continue cooking and stirring until dry. Taste and adjust seasonings if necessary.

Nutrient Content Per Serving

Calories 336 kcal

Carbohydrate 20.6 g

Protein 22.9 g

Fat 18.4 g



LAMBOK SPICED PORRIDGE WITH OAT (*Bubur Lambok dengan Oat*)

Lambok Spiced Porridge with Oat

(Bubur Lambok dengan Oat)

Serves: 4

Preparation time: 45 min

Cooking time: 45 min

Ingredients

225 g (1 ½ cup) uncooked rice
 15 ml (1 tbsp) oil
 70 g (7 whole) red shallot, chopped finely
 50 g (10 cloves) garlic, chopped finely
 50 g (2 ½ inches) ginger, chopped finely
 3-5 g each mixed herbs [10 pcs clove, 1 cinnamon, 5 pcs cardamom, 5 pcs star anise]
 20 g (4 tsp) kurma powder/soup herb powder
 1 pc pandan leaf
 150 g (¾ cup) beef, minced
 70 g (½ cup) carrot, diced
 1000 ml (4 cups) water
 100 g (1 cup) quick cook oat
 150 ml (½ cup) fresh milk
 Salt to taste
 Black pepper to taste








Bubur lambok is a quintessential Malay porridge usually cooked with assorted spices. This is a tasty rice porridge that is popularly served during the fasting month and is also considered a comfort food. Oat blends well into the dish and its addition can increase whole grain intake.

Garnishing

70 g (½ cup) fried shallot
 30 g (½ cup) coriander leaves
 30 g (½ cup) Chinese celery leaf

Note: You may wish to replace beef with chicken for this recipe. For vegetarians, you can replace beef with tofu and use diluted coconut milk in place of milk.

Instructions

-  Rinse the rice and let it soak for 15 minutes in a small bowl (this step is to help reduce cooking time of the rice).
-  In another bigger pot, add oil and sauté the shallot, garlic, ginger, mixed herbs, kurma powder, pandan leaf until fragrant. Add minced beef, carrot, salt and black pepper and continue to sauté for 1 minute.
-  Put in the rice and sauté together for about another minute.
-  Add water and bring to boil the rice mixture until the rice is properly cooked.
-  Stir in quick cook oat and milk and simmer until it is well-cooked and reaches porridge consistency.
-  Season to taste with salt and black pepper.
-  Garnish the dish with less-oil fried shallot, coriander and Chinese celery leaf.

Nutrient Content Per Serving

Calories 345 kcal

Carbohydrate 51.9 g

Protein 17.7 g

Fat 8.4 g



BANDUNG NOODLES IN SPICY MIXED GRAVY WITH OAT (*Mee bandung dengan oat*)

Bandung Noodles in Spicy Mixed Gravy with Oat

(Mee bandung dengan oat)

Serves: 5

Preparation time: 60 min

Cooking time: 45 min

Ingredients

300 g (2 cups) yellow noodles
 60 g (1 ½ cups) mustard leaves
 200 g (¾ cup) beef, boiled until tender (keep the stock)

For gravy

Item A

30 ml (2 tbsp) oil
 40 g (4 tbsp) onion, chopped
 50 g (5 cloves) garlic, chopped
 50 g (50 pcs) dried chilli, boiled and blended
 80 g (½ cup) dried shrimp, soaked and chopped coarsely
 40 g (3 tbsp) ground peanut, roasted and pounded

Item B

120 g (3 small) fresh squid, cleaned and sliced into rings
 200 g (10 medium) fresh prawn, de-shelled
 300 ml (1 ¼ cups) beef stock (stock prepared by boiling the beef)
 50 g (½ cup) quick cook oat
 2 egg whites
 Salt, pepper and sugar to taste








Mee bandung is a Malay noodle dish originated from Muar in the Southern state of Johor. The dish combines yellow noodles with a thick, spicy gravy. The dried shrimp and ground peanut provide the special taste to *Mee bandung*. Oat is added to thicken the gravy while serving to increase the amount of whole grain in the dish.

Garnishing

Thinly sliced beef (1 part)
 2 pcs hard bean curd, fried and sliced
 20 g (1 tbsp) fried shallots
 30 g (2 tbsp) Chinese celery
 20 g (2 pcs) red chillies, sliced
 2 pcs calamansi lime, halved
 Optional: hard boiled egg, sliced

Note: You may replace beef in the recipe with chicken. For vegetarians, you may replace seafood and any meat with tofu and use vegetable stock instead of beef stock.

Instructions

-  In a pot of boiling water, blanch the noodles and mustard leaves for about 3 minutes, strain and put aside.
-  In a separate pot, boil the beef until tender. Once cool, slice the beef thinly and put it aside. Keep the stock to make the gravy.
-  To prepare the gravy, sauté Item A until the chilli is cooked and fragrant.
-  Stir in the squid, prawn, sliced beef (leave some for garnishing) and the beef stock and cook for 2-3 minutes. Season with salt, sugar, pepper to taste.
-  Add oat to thicken the gravy and stir well so that the oats do not clump.
-  Add the egg whites and stir gently.
-  To serve, put the noodle in a bowl, blanched mustard leaves on top, and pour the gravy. Add garnish ingredients and serve immediately.

Nutrient Content Per Serving

Calories 470 kcal

Carbohydrate 45.5 g

Protein 41.3 g

Fat 14.0 g



SWEET & SOUR CHICKEN

Sweet & Sour Chicken

Serves: 5

Preparation time: 45 min

Cooking time: 25 min

Ingredients







400 g (1 ½ cups) chicken breast, sliced to finger size
 Salt and pepper to taste
 40 g (¼ cup) wheat flour
 3 egg white
 100 g (1 cup) rolled oat

Sauce

1 big onion
 125 ml (½ cup) chilli sauce
 125 ml (½ cup) tomato ketchup
 45 ml (3 tbsp) pineapple juice
 50 g (½ cup) pineapple, cubed
 40 g (¼) red bell pepper
 40 g (¼) green bell pepper
 40 g (¼) yellow pepper
 Sugar and salt to taste

Sweet and sour chicken is a popular Chinese dish. It is basically fried chicken pieces coated with a crispy batter and stir-fried with mouth-watering sweet and sour sauce. Oat can be used to replace the traditional flour as batter and is a convenient way to introduce whole grain into the dish.

Instructions

-  Season the chicken pieces with salt and pepper and coat them with a thin layer of flour.
-  Roll the chicken pieces in egg white and immediately coat them with oat.
-  Press and ensure that the oat sticks onto the chicken pieces.
-  Heat up oil in a wok and fry the chicken pieces till golden and set aside in a serving dish bowl.
Tip: You also can use the air frying cooking method. Place the coated chicken pieces with a bit of oil for about 20 - 25 minutes at 160 degrees.
-  For sauce, sauté the onions in a small pot until soft and mix in the sauces and pineapple juice. Stir until the sauce thickens. You may add water to dilute if it is too thick. Add sugar and salt to taste.
-  Add the pineapple and bell peppers and cook until slightly soft, and pour the sauce on top of the chicken.

Nutrient Content Per Serving

Calories 282 kcal

Carbohydrate 24.8 g

Protein 23.4 g

Fat 8.1 g



CHICKEN & OAT WONTON IN SOUP

Chicken & Oat Wonton in Soup

Serves: 5 (Makes 20 pcs)

Preparation time: 45 min

Cooking time: 25 min

Ingredients

Filling

300 g (1 ¼ cups) chicken breast, minced

20 g (2 inches) ginger, blended

20 g (4 cloves) garlic, finely blended

40 g (4 tbsp) green onion, chopped

100 g (1 cup) quick cook oat

1 egg

30 ml (2 tbsp) soy sauce

15 ml (1 tbsp) sesame oil

20 pcs *wonton* skin

10 g (1 tbsp) corn starch

120 g (2 cups) baby *bok choy*, blanched for 3-4 minutes in hot water

Chicken *wonton* soup is an authentic Chinese cuisine that has silky and flavourful *wonton* fillings. It is cooked in a delicious broth for a light and healthy soup. In this modified recipe, oat is mixed into the chicken filling to increase the whole grain content.

Chicken soup

750 ml (3 cups) water






200 g chicken, bony parts/carcass

30 g (3 cloves) garlic

20 g (2 inches) ginger

Salt

Instructions

-  In a mixing bowl, mix together minced chicken, ginger, green onion, oat, garlic, egg, and soya sauce. Add a bit of sesame oil for flavour.
-  Scoop the mixture using a teaspoon (20-25g/each), wrap small balls of the mixture into individual *wonton* skins and seal with wet corn starch.
-  Boil the dumplings in hot water for about 15 minutes.
-  To prepare the soup, boil the chicken with garlic and ginger. Season to taste with salt.
-  Serve the *wonton* and *bok choy* in the hot chicken soup.

Nutrient Content Per Serving

Calories 363 kcal

Carbohydrate 34.0 g

Protein 27.5 g

Fat 13.6 g



CHICKEN MASALA WITH OAT

Chicken *Masala* with Oat

Serves: 6

Preparation time: 45 min

Cooking time: 20 min

Ingredients

500 g chicken breast, medium size cut

Item A

20 g (2 tbsp) turmeric

30 g (3 tbsp) cumin powder

30 g (3 tbsp) coriander powder

15 g (3 ½ tbsp) cardamom

15 g (2 ½ tbsp) fennel seed

1 tsp salt

1 tsp pepper

2 tbsp water

Item B

60 g (4 tbsp) tomato paste

20 g (1 tbsp) tomato, chopped

10 g (1 stalk) curry leaf

80 g (8 pcs) red onion, sliced thinly

30 g (3 pcs) garlic, blended

30 g (3 inches) ginger, blended

25 g (5 sticks) cinnamon

40 g (7 whole) red chillies, thinly sliced

10 g (1 tbsp) mustard seed

60 g (2 ½ whole) tomatoes, cut into wedges

15 g (15 pcs) dried chillies, blended

30 g (2 tbsp) chilli powder

Chicken *masala*, a famous traditional Indian dish of tender chicken with a delectable blend of aromatic spices. It can be served with rice, naan or capati, and is perfect for special occasions. Oat is added as a thickener and also serves to increase whole grain intake.

100 g (1 cup) rolled oat

80 g (½ cup) yoghurt

Salt and pepper to taste

Note: For a vegetarian version of the masala, you can use the same recipe and omit the chicken and replace it with potatoes and cauliflower.

Instructions



Place the chicken in a bowl, mix in items (A) with water and marinate the chicken for 20 minutes.



In a hot pan, sauté items (B) for about 5 minutes, add in the marinated chicken and continue to stir well.



Next, add in the oats, pour the yoghurt and continue to stir well until the gravy thickens.



Season to taste and garnish with fried curry leaves.

Nutrient Content Per Serving

Calories 313 kcal

Carbohydrate 34.2 g

Protein 23.7 g

Fat 11.8 g



PRAWN FRITTERS WITH OAT (*Cucur Udang Oat*)

Prawn Fritters with Oat

(Cucur Udang Oat)

Makes: 10 pieces

Preparation time: 15 min







Cooking time: 15 min

Ingredients

- 250 g (2 cups) self-raising flour
- 5 g (1 tsp) baking soda
- 5 g (1 tsp) baking powder
- 150 g (1 ½ cups) rolled oat
- 34 g (1) egg white
- 375 ml (1 ½ cup) water
- 200 g (2 cups) fresh prawns, deveined, diced
- 10 g (1 small whole) red onion, thinly sliced
- 50 g (½ cup) bean sprout, tails peeled off
- 80 g (1 stack) chives, cut into 1 cm length
- 40 g (½ cup) Chinese celery, sliced
- 120 g (1 ¾ cup) carrot, shredded
- Salt to taste
- 250 ml (1 cup) oil for frying

A traditional Malay fritter snack that is commonly served during breakfast and tea time. Oat is blended and added with white flour to increase daily fibre intake. This can be an excellent way to incorporate whole grains in Malaysia's all-time favourite delicacies.

Instructions

-  Place the flour, baking soda and baking powder in one bowl. Mix well.
-  Add in rolled oat, egg white and water. Stir well to form smooth batter. Set aside.
-  Mix in diced prawn, red onion, bean sprouts, chives, Chinese celery, shredded carrot and salt.
-  Heat up oil. Scoop the mixture in a small laddle and pour into oil. Fry in medium heat till golden brown.
-  Remove the fritters from the heat and place them on the kitchen paper towels to absorb excess oil.
-  Serve the fritters with sweet chilli garlic sauce (recipe not included).

Nutrient Content Per Piece

Calories 192 kcal

Carbohydrate 27.2 g

Protein 8 g

Fat 69 g



CHICKEN NUGGET WITH OAT CRUST

Chicken Nugget with Oat Crust

Makes: 30 pieces

Preparation time: 25 min

Cooking time: 10 min

Ingredients

300 g boneless, skinless chicken breast
 50 g (1 whole) egg
 5 g (1 tsp) salt
 1.25 g (¼ tsp) nutmeg powder
 2.5 g (½ tsp) black pepper
 70 ml (4 ½ tbsp) whipping cream
 100 g (1 cup) instant oat
 30 g (2 tbsp) garlic powder
 70 g (6 whole medium) onion, diced
 5 g (1 tsp) fresh thyme
 300 ml (1 ½ cup) oil (for frying)

Coating:

50 g (1 whole) egg, beaten
 100 g (1 cup) instant oat
 150 g (1 ½ cup) rolled oat

Instructions

1. In a mixing bowl, mix boneless chicken breast together with egg and season with salt, nutmeg and pepper.
2. Place the mixture into the food processor and minced in medium speed. Gradually add in whipping cream till the mixture becomes smooth.
3. Then remove paste from food processor into a bowl, mix the paste with instant oat, garlic powder, diced onion and chopped fresh thyme.
4. Spoon the paste to form small nugget (~80 g).
5. Coat the nugget dumplings with instant oat, then dip the nugget in beaten egg and finally with rolled oat.
6. Heat the cooking oil in a pan over the medium heat.
7. Fry the coated nugget until golden brown. Remove from pan and place it on kitchen paper towels to remove excess oil.
8. Serve hot with chilli or tomato sauce.

Chicken nugget is a favourite snack for people who want something “on-the-go”, especially among kids. By using oat as the crust and filling for chicken nugget, it can provide a crunchy texture and chewy taste. An excellent way to introduce oat to kids is through their favourite snacks. It is also a good alternative compared to frozen nuggets available in the market.

Nutrient Content Per Serving (2 pieces)

Calories 166 kcal

Carbohydrate 13.7 g

Protein 7.3 g

Fat 9.5 g



BANANA-MANGO OAT SMOOTHIE

Banana-Mango Oat Smoothie

Serves: 4

Preparation time: 15 min




Cooking time: 10 min

Ingredients

- 150 g (2 whole) banana, sliced
- 300 g (1 whole) mango, peeled, seed removed, cut into cubes
- 135 g (1 cup) plain low fat yoghurt
- 500 ml (2 cups) low-fat milk
- 15 ml (1 tbsp) honey
- 50 g (½ cup) instant oat

Banana-mango smoothie is a refreshing drink that will satisfy any sweet tooth. It's also a fun way to get children interested in fruits and introduce oat from young. It is nutritious and helps to increase whole grain intake.

Instructions

-  Blend banana, mango, yoghurt, milk, honey and oat. (Keep some mango cubes to use for garnishing).
-  Pour into individual glasses.
-  Top the smoothie with cubed mango and before serving.

* You can try any fruit combination, according to your preference.

** Smoothie, as a snack is generally high in calories. Consume less frequently.

Nutrient Content Per Serving

Calories 225 kcal

Carbohydrate 38.1 g

Protein 10.1 g

Fat 3.7 g



STUFFED CHILLI WITH FISH & OAT (*Solok Lada dengan Oat*)

Stuffed Chilli with Fish & Oat

(Solok Lada dengan Oat)

Makes: 12 pcs

Preparation time: 45 min

Cooking time: 30 min

Ingredients






500 g (5 medium size) sardine fish, head removed and deboned
 40 g (4 whole) red shallot
 40 g (2 inches) ginger
 30 g (3 cloves) garlic
 10 g (3 ¼ tsp) black pepper crust
 1 whole egg
 125 ml (½ cup) fresh milk
 120 g (1 ¼ cups) rolled oat
 30 g (½ cup) grated coconut
 Salt to taste
 Pepper to taste
 6 big green chillies
 6 big red chillies

Solok lada is a traditional Malay cuisine. It is a popular and special dish in Kelantan and Terengganu. *Solok lada* is made from green peppers that are split and stuffed with a core made of grated coconut, fish fillets, and coconut milk. Oat is added to reduce the amount of grated coconut and increase whole grain intake.

Gravy

125 ml (½ cup) low fat milk
 100 ml (¼ cup) coconut milk
 2 sticks lemongrass
 Salt to taste

Instructions

-  Place the deboned fish together with ginger, garlic, black pepper, egg and milk in a food processor. Blend at moderate speed until it becomes smooth in texture for stuffing.
-  Transfer the mixture into a mixing bowl and add rolled oat, grated coconut and mix well. Season the mixture with salt and pepper. Chill in the fridge for about 15 minutes.
-  Cut one side of the chilli and remove the seeds. Stuff the chilli with the blended sardine and steam the stuffed chilli or *solok lada* in a steamer for about 15-20 minutes.
-  To prepare the gravy, put all the ingredients in a small pot and heat up at low heat until boil. Add salt to taste.
-  To serve, place the *solok lada* in a bowl and pour the hot gravy. Serve hot.

Nutrient Content Per Piece

Calories 147 kcal

Carbohydrate 9.7 g

Protein 12.5 g

Fat 6.6 g



STEAMED YAM CAKE WITH OAT

Steamed Yam Cake with Oat

Serves: 6

Preparation time: 60 min

Cooking time: 60 min

Ingredients









60 g (6 pcs) shallot, sliced
 60 g (6 pcs) dried shrimp, rinsed and chopped
 15 ml (1 tbsp) oil
 300 g (1 ½ cups) yam, diced into small cubes (1cm x 1cm)
 80 g (½ cup) rice flour
 40 g (¼ cup) tapioca flour
 10 g (1 ½ tbsp) five spices powder
 50 g (½ cup) quick cook oat
 1000 ml (4 cups) water

Steamed yam cake is a favourite in many Asian countries such as Malaysia especially among the Chinese population. It is a savoury cake that is often eaten for breakfast or even as an afternoon snack. In this recipe, oat is used to replace part of the flour needed, thereby increasing the whole grain content of the yam cake.

For topping / garnishing

60 g (6 pcs) shallots, sliced
 30 g (3 tbsp) dried shrimps
 15 g (1 tbsp) sugar
 20 g (1 stalk) spring onion, thinly sliced
 30 g (2 pcs) red chillies, seedless and julienne cut

Instructions

-  Sauté shallot and dried shrimps for a few minutes then add in the cubed yam and fry together until the mixture is brown and the yam is half cooked.
-  In a separate bowl, mix the rice flour, tapioca flour, spice powder, oat and water, then stir until the mixture is smooth.
-  Pour the flour mixture into the pan gently. Stir and cook until the mixture thickens to form a thick paste.
-  Add salt, pepper and season to taste.
-  Pour the mixture into a steaming tray and steam for about 50 minutes or until it is cooked. Once cooked, let it cool before serving.
-  For topping, fry the sliced shallots until golden brown and fragrant. Drain the oil and sprinkle on top of the steamed yam cake.
-  In a separate pan, caramelize the dried shrimps with some sugar and sprinkle on top as well.
-  Then, garnish with some spring onions and red chilli. To serve, cut the dish into rectangular shapes.

Nutrient Content Per Serving

Calories 167 kcal

Carbohydrate 24.6 g

Protein 9.4 g

Fat 3.6 g



LENTILS & OAT FRITTERS (*Masala Vadai*)

Lentils & Oat Fritters

(Masala Vadai)

Makes: 20 pcs

Preparation time: 2.5 hrs





Cooking time: 25 min

Ingredients

200 g (1 ¼ cups) yellow lentils, *dhal*
 30 g (5 whole) red chillies, chopped
 50 g (½) red onion, chopped
 15 g coriander leaves, chopped
 20 g (4 tsp) chilli flakes
 20 g (1 tbsp) curry powder
 15 g (7 ½ tsp) fennel seed
 8 g (¾ tsp) cumin
 10 pcs curry leaves
 90 g (1 cup) quick cook oat
 Salt and pepper to taste

Masala vadai is a famous Indian snack or street food. It is a type of spicy, crunchy fritter made with *dhal*, which has a soft texture inside. In this modified recipe, oat is mixed into *masala vadai* to increase the whole grain content.

Instructions

-  After washing the lentils until water runs clear, soak them in good amount of water for 2 hours. Once soft, drain the lentils in a colander. Next, blend the lentils into a rough mixture.
-  Put the mixture into a mixing bowl and add in other ingredients including the oat. Mix well and season with salt and pepper to taste.
-  Take a handful of mixture and shape it into a small ball and flatten it a bit. Repeat for the remaining mixture.
Noted: If needed, add a small amount of water to help shape the mixture.
-  Heat a deep pan with oil and fry the *vadai* at medium heat until it is golden brown and crispy on the outside. Do not flip it too fast as the *vadai* may break.

Nutrient Content Per Piece

Calories 129 kcal

Carbohydrate 10.9 g

Protein 3.1 g

Fat 8.3 g



CARROT OAT MUFFIN

Carrot Oat Muffin

Makes: 12 muffins

Preparation time: 25 min

Cooking time: 25 min

Ingredients

63 g (½ cup) all-purpose flour
 63 g (½ cup) whole wheat flour
 2.5 g (½ tsp) baking soda
 2 g (½ tsp) baking powder
 Salt to taste
 2 g (½ tsp) cinnamon
 60 g (½ cup) brown sugar
 125 ml (½ cup) canola oil
 53 g (1 egg), beaten
 5 ml (1 tsp) vanilla extract
 100 g (1 cup) quick cook oat
 50 g (½ cup) instant oat
 25 g (¼ cup) flaked coconut
 40 g (¼ cup) raisins
 60 g (1 cup) carrots, shredded
 50 g (½ cup) chopped pineapple, drained
 56 g (¼ cup) softened cream cheese

Muffin is a snack loved by children. It is quick and easy to make. It is also a fun way to include vegetable in the dessert and the child can obtain the benefits of carrot, which is high in beta-carotene. Oat is added for crunchy texture and to increase whole grain content and a lot of goodness.

Instructions

1. Preheat oven to 180°C. Lightly grease muffin tins.
2. Mix the all-purpose flour, whole wheat flour, baking soda, baking powder, salt, and cinnamon in a large bowl. Make a well in the centre of the mixture.
3. Add brown sugar, canola oil, eggs, and vanilla extract. Fold in the oats, coconut, raisins, carrots, and pineapple.
4. Blend the already drained pineapple juice and cream cheese.
5. Fill each muffin cup about ¾ full with the muffin batter.
6. Bake muffin for 20 minutes in the preheated oven. The muffin is cooked when a toothpick is inserted and comes out clean.

Nutrient Content Per Muffin

Calories 242 kcal

Carbohydrate 25.0 g

Protein 4.1 g

Fat 14.6 g



SWEET POTATO-OAT DONUT (*Kuih Keria Oat*)

Sweet Potato-Oat Donut

(Kuih Keria Oat)

Makes: 10 pieces

Preparation time: 25 min

Cooking time: 25 min

Ingredients

400 g (1 whole medium) sweet potato with skin

30 g (½ cup) instant oat

125 g (1 cup) self-raising flour

50 ml (¼ cup) milk

30 g (2 tbsp) sugar

Salt to taste

250 ml (2 cups) oil

'Kuih Keria' is a very popular Malaysian snack that resembles mini-donuts. It is made with sweet potato (sugar coating is optional). Oat is added to increase whole grain intake.

* *Optional coating: palm sugar glazed (Palm sugar, melt with little water until become honey like syrup)*

Instructions

1. Boil the sweet potato until tender.
2. Remove sweet potato and mash it evenly.
3. Mix the mashed sweet potato with the oats, self-raising flour, milk, sugar and salt into a smooth paste.
4. Divide into 8 portions and shape it into a doughnut with your hands.
5. Heat two cups of oil in a deep frying pan.
6. When the oil is hot, fry the shaped mixture (*keria*) on medium heat until the colour turns to golden brown.
7. Drain the excess oil from the *keria* and toss the *keria* in the coated sugar.
8. Remove the *keria* from the coated sugar and it is ready to serve

Nutrient Content per Piece

Calories 178 kcal

Carbohydrate 27.0 g

Protein 2.6 g

Fat 6.6 g



CHOCOLATE OAT BROWNIES

Chocolate Oat Brownies

Makes: 20 brownies

Preparation time: 20 min

Cooking time: 35 min







Ingredients

- 50 g (½ cup) white chocolate buttons
- 100 g (12 medium bar) dark chocolate, chopped
- 120 g (8 tbsp) unsalted butter
- 200 g (1 cup) castor sugar
- 125 g (1 cup) plain flour
- 200 g (2 cups) instant oat
- 25 g (¼ cup) chopped hazelnuts
- 106 g (2 whole, large) eggs

21 x 27 cm baking tin greased and lined

Brownie is a simple and delicious chocolate dessert that is enjoyed by all, especially kids. Oat is added to increase whole grain intake and it is an excellent way to introduce oat to kids.

Instructions

-  Preheat the oven to 170°C.
-  Melt white, dark chocolate and butter in a large heatproof mixing bowl over a pan of simmering water.
-  Mix in the sugar and stir until dissolved. Then add flour, oats and hazelnuts and stir well.
-  Add eggs and stir again until completely mixed. Pour into a baking tin.
-  Bake in the oven for 25-30 minutes.
-  Check if it is done – if it is still wobbly in the middle, bake for an additional 10 minutes. When done, cool it on a rack. Cut into desired number of pieces.

Nutrient Content Per Brownie

Calories 196 kcal

Carbohydrate 25.5 g

Protein 3.6 g

Fat 9.5 g



NSM Nutrition Roadshows 2.0

A nutrition promotion programme of the Nutrition Society of Malaysia

“Improving lives through nutrition”

Focusing on

OBJECTIVES

- to foster community awareness on importance of assessing their nutritional status regularly
- to inspire and empower the community with knowledge and skills in practising healthy eating and active living
- to serve as capacity building and partnership platform for nutritionists in promoting optimal nutritional well-being of Malaysians



Healthy Eating



Active Living

2 main approaches and activities...

Community outreach roadshows

- Nutrition screening
- Individualised nutrition advice
- Dissemination of nutrition educational materials
- Cooking demonstration



Online nutrition promotion

through social media (i.e. Facebook, Instagram)

- Ask A Nutritionist series (Live chat session with nutritionists)
- NSM Nutritionist's Kitchen (cooking demonstrations)
- NSM Recipe cards (healthy recipes for family cooking)
- Special Events: NSM Virtual Fun Run/Walk, NSM Recipe Books Giveaway
- Variety of nutrition information (NutriQuote; NutriFun Quiz; other infographic nutrition messages)



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OATS CONTAIN IRON FOR IMMUNITY



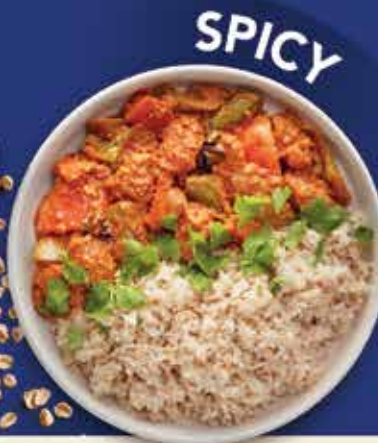
HOW DOES IRON SUPPORT IMMUNITY?

- Iron is a fundamental element for normal development of the immune system.¹
- Iron deficiency can negatively influence the normal defence systems against infections.²

OATS IS A NATURAL SOURCE OF IRON

- It is a "Super Grain" that contains a wide range of vitamins and minerals, including iron.
- Oats is also a natural source of fibre, protein and carbohydrates.
- It contains the highest amount of Iron and Zinc compared to white rice, brown rice, white bread, barley and corn.³

START EVERY DAY WITH QUAKER!



REFERENCES

- ¹ Brock JH. 1994. Iron in infection, immunity, inflammation and neoplasia. In: Brock JH et al., eds. Iron metabolism in health and disease. p. 353-389. London, W.B. Saunders Company Ltd.
- ² FAO/WHO. 2001. Chapter 13: Iron deficiency: Human Vitamins and Mineral Requirements: FAO/WHO expert consultation on human vitamins and mineral requirements, p. 204 - 208. Bangkok, Rome: Food and Nutrition Division FAO.
- ³ USDA Nutrient Data per 100g reference amount (Oats-08402, White Rice-20444, Brown Rice-20036, White Wheat Flour-20481, Pearled Barley-20005, and Whole Corn Flour-20016).



OATS CONTAIN IRON FOR IMMUNITY

START EVERY DAY WITH QUAKER



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