

Chicken Omelette

Nutrition Information (Energy: 392 kcal)

Carbohydrates: 13g Protein: 32g

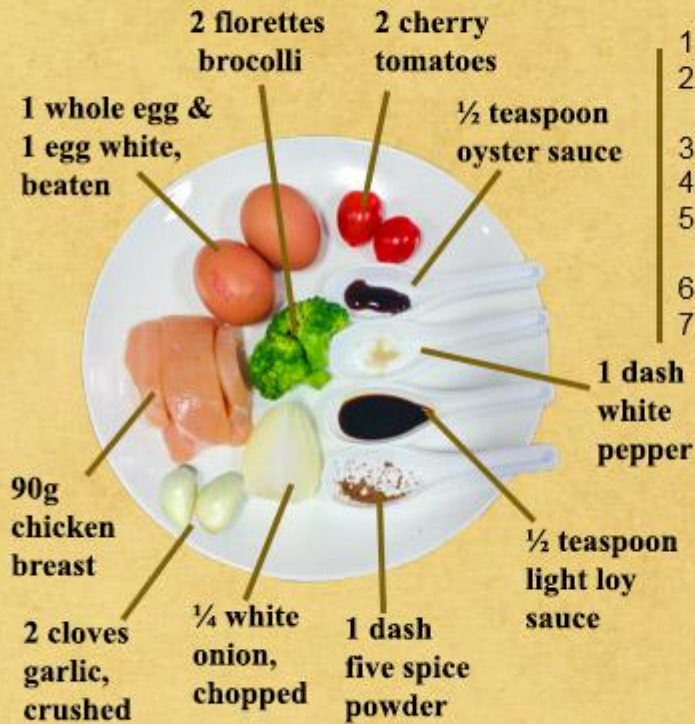
Sodium 352mg Fat: 23g

Recipe Contributed by: **Widya Tania**
Jurong West DC



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INGREDIENTS



INSTRUCTIONS: Serving Size 1

1. Tenderise chicken by pounding
2. Marinate the chicken and set aside for 5 - 10 minutes
3. Heat frying pan without oil
4. Stir fry garlic and onions till fragrant
5. Add chicken and fry till fully cooked, set it aside after cooking
6. Fry the egg until cooked
7. Scatter the chicken on top the egg and fold



French Bean Egg Wrap

Nutrition Information (Energy: 356 kcal)

Carbohydrates: 37g Protein: 22g

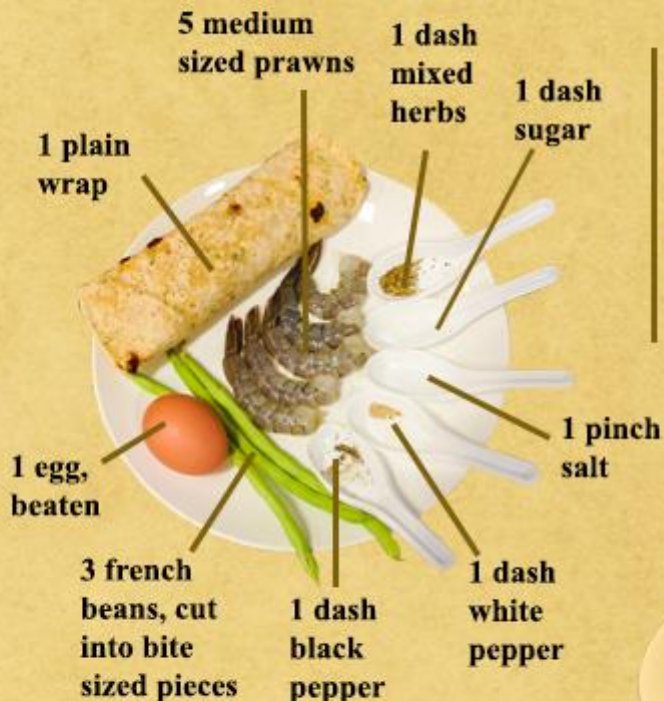
Sodium 680mg* Fat: 12g

Recipe Contributed by: Zhou Ruo Qiao
Simei DC



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INGREDIENTS



INSTRUCTIONS: Serving Size 1

1. Season prawns with all five condiments
2. Season the egg with some salt and pepper and pan fry it
3. Pan fry the prawns and cut them into halves after cooked
4. Boil the French Beans and drain them with a kitchen towel afterwards
5. Wrap all the ingredients in the plain wrap



*1 plain wrap = 440mg of sodium
Lower sodium intake by making an omelette wrap
or using plain bread instead

Healthy Otah Baguette

Nutrition Information (Energy: 257kcal)

Carbohydrates: 23g Protein: 22g

Sodium: 554mg Fat: 8g

Recipe Contributed by: **Chong Oi Foon**
Yishun DC



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INGREDIENTS



INSTRUCTIONS: Serving Size 1

1. Add tuna into the egg mix
2. Heat and fry chilli with tumeric powder and onions till fragrant
3. Add egg mixture into the frying pan
4. Fry everything together and roll
5. Switch off the stove, sprinkle laksa leaves onto the hot egg
6. Serve on a slice of baguette



Lemon Crunch Herb Chicken Wrap

Nutrition Information (Energy: 634 kcal)

Carbohydrates: 51g Protein: 32g

Sodium: 672mg*

INGREDIENTS



*1 plain wrap = 440mg of sodium
Lower sodium intake by making an omelette wrap
or using plain bread instead

INSTRUCTIONS: Serving Size 1

1. Combine lemon zest, 1/2 tablespoon mixed herbs and breadcrumbs
2. Beat egg yolk with 1 tablespoon of water
3. Tenderise chicken by pounding with mallet
4. Dip chicken in the egg mixture and coat with breadcrumbs
5. Melt 1/2 tablespoon butter in a pan at medium heat
6. Add chicken and cook for 2-3 minutes on each side
7. Remove from pan and slice when cooled
8. In the same pan, heat remaining herbs and lemon juice until it simmers
9. Turn off heat and add remaining butter and stir firmly
10. Place sliced chicken on a wrap and pour the sauce over the chicken



Recipe Contributed by: **Aleann Ya'akop**
Ang Mo Kio 2 DC



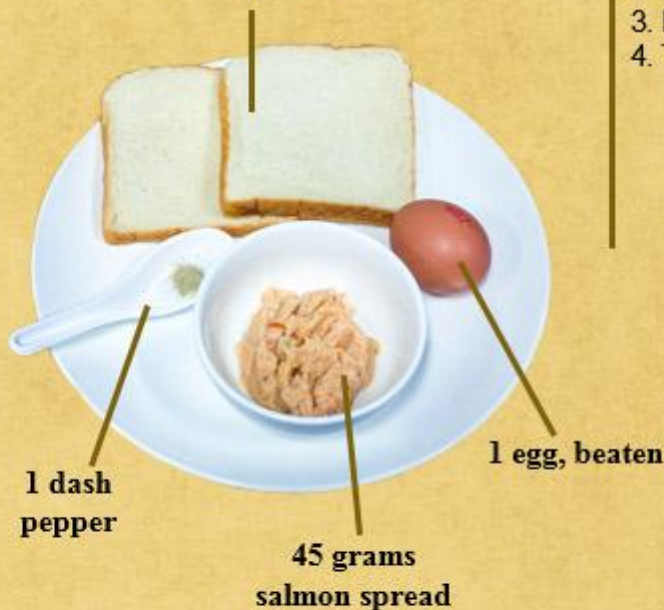
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Salmon Toast

Nutrition Information (Energy: 329 kcal)
Carbohydrates: 33g Protein: 18g
Sodium: 450mg Fat: 14g

INGREDIENTS

2 slices white bread, cut into quarters



INSTRUCTIONS: Serving Size 1

1. Spread salmon onto the bread
2. Dip the bread into the egg mixture
3. Pan fry both sides of the bread without oil
4. To reduce food wastage, the remaining egg can be used for a side dish



Spinach Omelette

Recipe Contributed by: **Chua Ah Moi**
Teck Whye DC



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INGREDIENTS



INSTRUCTIONS: Serving Size 1

1. Beat eggs while adding a pinch of salt and pepper
2. Add the oil into the pan and sauté the onions
3. Add tomatoes and spinach and saute for 1 minute
4. Pour in the egg and cook to desired doneness
5. Serve on its own or on a bread wrap



*1 wrap = 440mg of sodium
Lower sodium intake by making an omelette wrap
or using plain bread instead

Nutrition Information (Energy: 457kcal)
Carbohydrates: 38g Protein: 13g
Sodium: 640mg* Fat: 27g