

Grilled Pandan Chicken

Yield: 8 servings
Protein: 1 portion per serving

Ingredients	Amount
Boneless Chicken Breast / Thigh (2-inch Chunks)	300g
Garlic (Minced)	4 cloves
Ginger (Minced)	5g
Lemongrass Stalk (Minced)	¼ stalk
Red Chilli Padi (Minced)	1 piece
Palm Sugar	4 teaspoons
Five Spice Powder	1 ½ teaspoons
Curry Powder	1 ½ tablespoons
Salt	½ teaspoons
Water	2 tablespoons
Pandan leaves (Wrapping)	14 pieces
Canola oil (Grilling)	1 tablespoon

STEPS:

1. Marinate chicken chunks with all the ingredients except pandan leaves and canola oil in a medium bowl for 30 minutes.
2. **Style A Pandan-wrapped:** Take a pandan leaf and wrap each chicken chunk until it is fully covered. Secure it with a skewer stick. **OR Style B Foiled-wrapped:** Place pandan leaf on aluminium foil. Place chicken chunk onto the pandan leaf and wrap until it is fully covered.
3. Heat oil on non-stick pan using medium heat. Place wrapped chicken on pan and grill for 15 minutes* or until cooked.

*Note: Depending on thickness.

Cooking / Healthy TIPS!

- ✓ Chicken is a good source of protein, which is important for maintaining your muscles and immunity.
- ✓ Using natural ingredients and spices (e.g. five spice powder, lemongrass, ginger) as seasoning can be a good way to help reduce sodium intake.

Nutrition content per serving: (Energy: 65kcal)

Carbohydrate: 4g	Protein: 7g	Total fat: 2g
Sodium: 147mg	Potassium: 144mg	Phosphate: 91mg

香烤班兰鸡

份量: 8 份

蛋白质: 每份含有 1 份蛋白质

材料	份量
去骨的鸡胸或鸡腿肉 (切块成 2 寸大小)	300 克
蒜头 (切碎)	4 瓣
姜 (切碎)	5 克
香茅 (切碎)	¼ 茎
小红辣椒 (切碎)	1 条
椰糖	4 茶匙
五香粉	1 ½ 茶匙
咖喱粉	1 ½ 汤匙
盐	½ 茶匙
水	2 汤匙
班兰叶 (用来包着肉块)	14 片
芥花籽油 (用来烤肉块)	1 汤匙

烹调步骤:

1. 将全部材料 (除了班兰叶和芥花籽油) 放入碗中混合均匀, 腌制 30 分钟。
2. **做法 1 班兰叶包法:** 用班兰叶绕着鸡肉块整个包裹在班兰叶里, 并用竹签固定肉块。**或 做法 2: 铝箔纸包法:** 把班兰叶放在铝箔纸中间, 再把肉块放在班兰叶上。把铝箔纸包好至整个肉块都被包着。
3. 起锅热油, 调至中火。把包着的肉块放入锅中香烤 15 分钟* 或至鸡肉熟透。

*备注: 跟着肉块的厚度调整

健康小提示!

- ✓ 鸡肉是优质蛋白质的来源。摄取足够的蛋白质可帮助预防肌肉流失及维持免疫系统的健康。
- ✓ 利用天然食材和香料 (如: 五香粉, 香茅, 姜) 来调味可减少钠的摄取量。

每份的营养成分: (热量在: 65大卡)

碳水化合物: 4克	蛋白质: 7克	脂肪: 2克
钠: 147毫克	钾: 144毫克	磷: 91毫克