



THE BEST OF
ASIAN RECIPES
AT YOUR FINGER TIPS





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Assam Braised Chicken

Assam Steamed Fish

Assam Stir Fried Prawns

Oriental Stir Fry Sauce

Oriental Beef Stew

Claypot Chicken

Spring onion ginger chicken

Hainanese fried noodle

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Black pepper Surimi Sticks

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Rendang Paste

Chicken Rendang

Clams Rendang

Pasta Rendang Linguine

Pineapple Sauce

Pineapple Chicken Salad

Pineapple fried Fish Fillet

Chili Crab Sauce

Chili Crabs

Chili Prawns

Mango Sauce

Mango Salad



Assam Braised Chicken

3-4 servings

Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Assam Pedas Sauce**
- 300g whole chicken thigh, lightly marinated in salt and browned
- 1 medium sized tomato, cut into wedges
- 200ml water

Method:

- 1) Preheat pot on high then add in **AsianMeals® Assam Pedas Sauce**
- 2) Add in chicken and water, braise for 5-7 minutes until the chicken is tender
- 3) Lower heat to medium and cook for a further 1-2 minutes
- 4) Ready to serve. Best with steamed white rice

Chef's Tips:

AsianMeals® Assam Pedas Sauce also can be used for other types of meat, poultry and game





Assam Steamed Fish

3-4 servings

Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Assam Pedas Sauce**
- 300g fish fillet, lightly marinated with salt and pepper
- 1 medium sized tomato, cut into wedges
- 30g long beans, cut into 1-inch lengths
- 1 small onion, cut into wedges
- 10g fresh cilantro

Method:

- 1) Steam fish fillets, for 3 minutes in a steamer
- 2) Pour **AsianMeals® Assam Pedas Sauce** onto the fish and add vegetables
- 3) Steam for a further 2-3 minutes or until vegetables are cooked
- 4) Serve hot with rice

Chef's Tips:

AsianMeals® Assam Pedas Sauce can also be used with other kinds of seafood like prawns, squid and clams



Assam Stir Fried Prawns

3-4 servings

Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Assam Pedas Sauce**
- 300g prawns, cleaned, peeled and de-veined
- 1 medium sized tomato, cut into slices
- 30g eggplant cut into one inch strips
- 1 small onion, cut into wedges
- 1 red chili, cut into strips

Method:

- 1) Preheat wok then add in **AsianMeals® Assam Pedas Sauce**
- 2) Add in prawns and vegetables, stir fry for 3 minutes on high heat until prawns are tender
- 3) Add a little water if too dry (optional)
- 4) Ready to serve. Best with steamed white rice

Chef's Tips:

Besides eggplant, long beans or ladies finger may also be used





Oriental Beef Stew

3 servings

Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Oriental Stir Fry Sauce**
- 1 small carrot, cut into thick slices
- 1 tomato, cut into wedges
- ½ cup water or stock
- 1 small potato, cut into cubes
- 4 French beans, cut into slices
- 300g (10oz) Beef, cut into cubes
- 1 inch ginger, cut into thin slices
- 1 medium onion, cut into ½ rings

Spices (optional)

- 1 pcs cardamom
- 1 pcs star anise
- ½ inch cinnamon stick
- 1 teaspoon black peppercorns

Method:

- 1) Set crock pot at high heat. Add **AsianMeals® Oriental Stir Fry Sauce** and all the other ingredients, except the French beans. Stir mixture well and cook for 15 minutes
- 2) Lower heat to medium, cover pot and let it cook for about 3 hours or until the beef is tender
- 3) Add the French beans last and cook for a further 5 minutes. Serve hot with rice

Chef's Tips:

For faster cooking, you can also use a heavy based saucepan to cook using the same method





Claypot Chicken

3 Servings

Ingredients:

- 1 packet (3.5oz/100g), **AsianMeals® Oriental Stir Fry Sauce**
- 300g (10oz) whole chicken thigh, cut into serving sizes
- 3 Pieces dried red chili cut into 1-inch length slices with seeds removed
- 1 inch ginger, cut into thin slices
- 1 medium onion, cut into wedges
- 40g spring onions, cut into 1-inch length slices

Optional:

- 2 tablespoon dark sweet soya sauce

Method:

- 1) Preheat claypot then add in **AsianMeals® Oriental Stir Fry Sauce**
- 2) Add in chicken, ginger, dried chili and dark soya sauce; mix well, cover and cook for 5-6 minutes until the chicken is tender
- 3) Lower heat to medium, stir in the onions and spring onions last and cook for a further 1-2 minutes
- 4) Serve hot with rice

Chef's Tips:

Fish fillet or venison are good alternatives that go well with **AsianMeals® Oriental Stir Fry Sauce** in a claypot





Spring Onion Ginger Chicken

3 servings

Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Oriental Stir Fry Sauce**
- 300g (10oz) whole chicken thigh, cut into serving pieces
- 1 small carrot, cut in slices
- 1 inch ginger, cut into thin slices
- 40g scallions (spring onions), cut into 1- inch length slices

Method:

- 1) Preheat wok and then add in **AsianMeals® Oriental Stir Fried Sauce**
- 2) Add in chicken and ginger to stir fry, cover the pan and cook for 5 minutes until the chicken is tender
- 3) Remove cover, lower heat to medium, add the scallions and carrots and stir fry for a further 1-2 minutes
- 4) Serve hot with rice

Chef's Tips:

You can also use fish fillet, prawns or other meat as alternatives to chicken





Hainanese Fried Noodle

3 servings

Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Oriental Stir Fried Sauce**
- 40g prawns, peeled and cleaned
- 1 small carrots, cut into strips
- 50g mustard greens, cut into 1-inch slice
- 50g chicken meat, cut into slices
- 120g yellow noodles
- 1 Inch ginger, cut into thin slices
- 200ml water or stock

Method:

- 1) Preheat wok and add in **AsianMeals® Oriental Stir Fried Sauce**. Dilute with water and bring to a simmer
- 2) Add in chicken and prawns and cook for 2-3minutes
- 3) Lower heat to medium and then add vegetables and noodles. Cover and cook for a further 2 minutes
- 4) Pour into a bowl, garnish with crispy fried shallots and a few slices of red chili on top and serve

Chef's Tips:

Just adding a few drops of dark soya sauce, will convert this dish into "Hokkien" fried noodles





Chinese Stir Fried Vegetables

3-4 servings

Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Oriental Stir Fry Sauce**
- 50g pea pods, cut off the tips on end of the pods
- 50g broccoli, cut into florets
- 20g ginger, cut into thin slices
- 50g carrot, cut into slices
- 50g red capsicum cut into slices

Method:

- 1) Preheat pan and add in **AsianMeals® Oriental Stir Fry Sauce**
- 2) At high heat add vegetables and stir fry for 2 minutes. Cover for a further 2 minutes or until the vegetables are cooked
- 3) Serve hot with rice

Chef's Tips:

You can stir fry any variety of vegetable of your choice with **AsianMeals® Oriental Stir Fry Sauce**





Cantonese Yee Mee *(Stir Fried Noodle)*

3 servings

Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Oriental Stir Fry Sauce**
- 50g chicken meat, cut into thin slices
- 80g dried Yee Mee
- 1 medium onion, cut into slices
- 1 whole egg
- 50g prawns, shells peeled and de-veined
- 50g mustard greens, cut into 1-inch length slices
- 1 small carrot, cut into thin slices
- 200ml water or stock

Optional condiments:

Pickled green chilies

Method:

- 1) Preheat wok then add in **AsianMeals® Oriental Stir Fried Sauce**. Dilute with 200ml water or stock and bring to a simmer
- 2) Add in chicken and prawns. Cover to cook for 2-3 minutes
- 3) Lower heat to medium and add vegetables. Cook for further 2 minutes. Turn off the flame, add in the egg, stir well when ready to serve
- 4) Place noodles on a plate and pour cooked gravy mix over noodles. Serve with pickled green chilies in soya sauce on the side

Chef's Tips:

You can also use rice vermicelli or flat rice noodles as an alternative, but these must be fried with a little oil first so that the noodles are precooked





Yong Chow Fried Rice

3 servings

Ingredients:

- 1 packet (3.5oz/100g), **AsianMeals® Oriental Stir Fry Sauce**
- 50g prawns, shelled, peeled and de-veined
- 20g peas
- 30g corn kernels
- 1 small carrot, cubed
- 1 leave cabbage julienned
- 50g chicken meat, cut into thin slices
- 120g chilled white rice, best if kept overnight from the day before
- 1 medium onion, diced
- 1 whole egg

Method:

- 1) Preheat wok then add in **AsianMeals® Oriental Stir Fry Sauce**
- 2) Add in onions first then chicken, prawns and vegetables to stir fry for 2-3 minutes until cooked
- 3) Lower heat to medium, add in rice to stir fry until rice is mixed well and dry
- 4) Push the rice to the side of the wok, on the space created in the wok, scramble the egg until cooked then mix well with the rice and stir fry for further 2-3 minutes to dry the rice further
- 5) Garnish with julienned cabbage on top

Chef's Tips:

If you intend to cook a large volume of fried rice, you can precook all the ingredients without the rice and then mix it with the rice and sauce in a heated mixer or tumbler





Sambal Chicken

3-4 servings

Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Sambal Tumis Sauce**
- 300g whole chicken thigh, cut into serving sizes, lightly marinate with salt and pan-fried in a little oil until brown
- Coriander leaf Garnishing

Method:

- 1) Preheat wok and add **AsianMeals® Sambal Tumis Sauce**
- 2) At high heat add chicken and stir fry to mix well for 3 minutes until tender
- 3) Garnish with coriander to serve

Chef's Tips:

Chicken can be replaced with other meat, seafood or just vegetables





Kam Heong Prawns

3-4 servings

Ingredients:

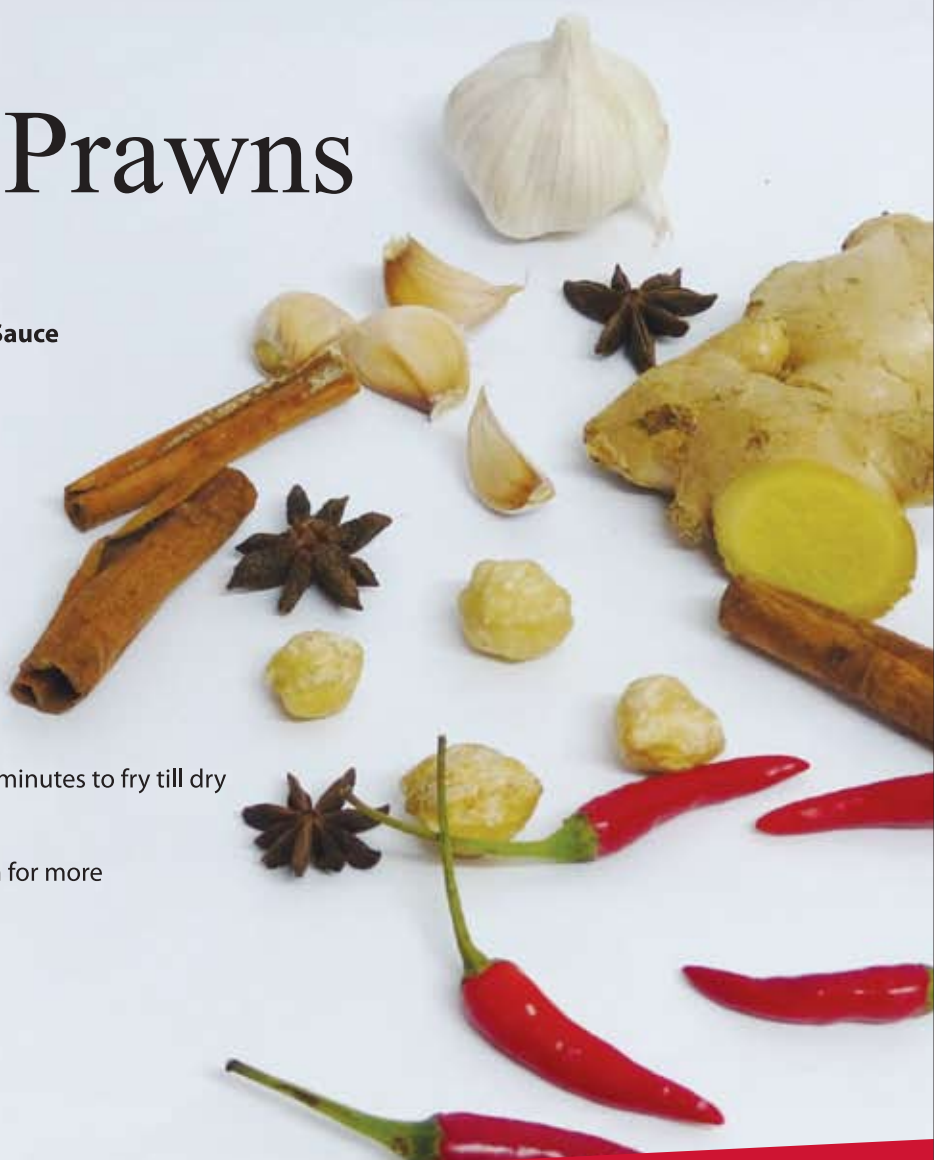
- 1 packet (3.5oz/100g) **AsianMeals® Sambal Tumis Sauce**
- 300g prawns, de-veined, leave the tails intact
- 1 stem curry Leaf
- 1 medium onion, cut into slices
- 2 pieces dry chili, cut into halves
- 20g dried shrimp
- 2 tablespoons cooking oil

Method:

- 1) Preheat wok with oil, fry dried shrimp with onion until fragrant then add **AsianMeals® Sambal Tumis Sauce**
- 2) At high heat add prawns to stir fry for 2 minutes until prawns are cooked
- 3) Add in curry leaf and chili and stir fry for a further 2 minutes to fry till dry

Chef's Tips:

For bigger prawns, you may want to leave the shells on for more intense frying





Mee Siam

(Spicy Fried Vermicelli)

3-4 servings

Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Sambal Tumis Sauce**
- 250g rice noodles, pre-blanching
- 40g prawns, cleaned and de-veined
- 40g chicken meat, cut to slices
- 30g bean sprouts
- 1 medium red chili, cut into strips

Garnishing: fried shallots and strips of plain omelet

Method:

- 1) Preheat wok and add in **AsianMeals® Sambal Tumis Sauce**
- 2) At high heat, add chicken, and prawns, stir fry for 2 minutes
- 3) Add in the rice noodles and vegetables and stir fry for a further 3 minutes
- 4) Garnish to serve

Chef's Tips:

Rice noodles can be replaced with pasta, (best with angel hair pasta)





Sambal Sotong

3-4 servings

Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Sambal Tumis Sauce**
- 300g squid, cut into rings
- 1 medium onion, cut into slices

Method:

- 1) Preheat wok then add in **AsianMeals® Sambal Tumis Sauce**
- 2) At high heat add squid, and stir fry for 2 minutes
- 3) Add in the onions and cook for a further 2 minutes and serve

Chef's Tips:

Squid can be replaced with prawns, clams, mussels or crabs

* You may prefer to blanch the squids in boiling water to prevent "bleeding"





Sambal Stir Fried Long Beans

3-4 servings

Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Sambal Tumis Sauce**
- 250g long bean, cut into 2-inch lengths
- 1 medium onion, cut into slices
- 1/2 small carrot, cut into thin strips

Method:

- 1) Preheat wok then add in **AsianMeals® Sambal Tumis Sauce**
- 2) At high heat add in long beans and other vegetables, stir fry for 2 minutes
- 3) Cover for a further 2 minutes until vegetables are cooked, serve hot

Chef's Tips:

You can stir fry any vegetable, noodle or seafood of your choice with **AsianMeals® Sambal Tumis Sauce**





Black Pepper Chicken Chop

Ingredients:

- 1 packet (3.5oz 100g) **Asian Meals® Black Pepper Sauce**
- 300g deboned chicken thigh, lightly marinated with salt and pepper
- 50g mixed vegetables of corn, carrots and peas, sautéed and seasoned with a little salt
- 150g french fries, deep fried

Method:

- 1) Preheat pan, pan-sear chicken until tender and cooked
- 2) Place chicken on plate, with sautéed mixed vegetables and fries
- 3) In a small pot dilute **AsianMeals® Black pepper Sauce** with equal parts of stock or water and bring to the boil
- 4) Pour the hot black pepper sauce over the chicken to serve

Chef's Tips:

AsianMeals® Black Pepper Sauce

can be used straight from the pack on steaks, burgers, sausages and sandwiches. If you prefer a more dilute sauce, just mix with an equal part of stock or water

Dilution Ratio: 100g sauce to 100g water or stock





Black Pepper Udon

3 servings

Ingredients:

- 1 packet (3.5oz/100g), **AsianMeals® Black Pepper Sauce**
- 200g udon noodles
- 50g chicken meat, boneless, sliced
- 30g red capsicum, cut into strips
- 30g green capsicum, cut into strips
- 30g french beans, cut into slices

Method:

- 1) Preheat wok then add in **AsianMeals® Black pepper Sauce**
- 2) Add chicken and stir fry for 2 minutes
- 3) Lower heat to medium, add vegetables, mix well and cover for 2 minutes
- 4) Add noodles, stir fry for a further 2 minutes and serve

Chef's Tips:

Other ingredients like prawns, squid and onions may also be added to this noodle dish





Black Pepper Surimi

3 servings

Ingredients:

- 1 packet (3.5oz /100g), **AsianMeals® Black Pepper Sauce**
- 200g Surimi sticks @ crab sticks
- 50g green and 50g red capsicum cut into strips
- 1 medium size onion, sliced

Method:

- 1) Preheat wok then add in **AsianMeals® Black Pepper Sauce**
- 2) Add in Surimi sticks, and stir fry for 2 minutes
- 3) At high heat add vegetables, and stir fry for a further 2 minutes and serve

Chef's Tips:

AsianMeals® Black Pepper Sauce can be used to stir fry, beef, chicken or seafood





Stir Fried Black Pepper Beef

3-4 servings

Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Black Pepper Sauce**
- 250g beef, cut into thin slices
- 1 medium onion, cut into slices
- 30g green capsicum, cut into slices
- 30g red capsicum, cut into Slices

Method:

- 1) Preheat wok then add in **AsianMeals® Black Pepper Sauce**
- 2) At high heat add in beef, stir fry for 2-3 minutes
- 3) Add in the onions and capsicum and stir fry for a further 2 minutes then serve

Chef's Tips:

AsianMeals® Black Pepper Sauce can be used on steaks, burgers, sandwiches, chicken chops, as a pizza topping and to stir fry Asian dishes. Try to choose the best cut of beef for stir fry, such as tenderloin or sirloin, avoid topside





Black Pepper Stir Fried Prawns

Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Black Pepper Sauce**
- 300g prawns, peeled, cleaned and de-veined, lightly marinate with salt and pepper
- 30g red capsicum, sliced
- 30g green capsicum, sliced
- 30g onions, cut into wedges

Method:

- 1) Preheat pan then add in **AsianMeals® Black Pepper Sauce** then bring to high heat
- 2) At high heat add prawns and vegetables, stir fry for 2 minutes until prawns are tender
- 3) Ready to serve

Chef's Tips:

AsianMeals® Black Pepper Sauce can be used straight from the pack as a pour-over sauce for steaks, burgers, sausages and sandwiches. If you prefer a more dilute sauce, just mix with equal part of stock or water

Dilution Ratio: 100g sauce to 100g water or stock





Chicken Rendang

3-4 servings

Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Rendang Paste**
- 300g chicken thigh, cut into serving sizes
- 100g coconut milk

Method:

- 1) Preheat pot then add in **AsianMeals® Rendang Paste**
- 2) Add in chicken to sauté and mix well until chicken is almost cooked
- 3) Stir in the coconut milk then bring to boil, reduce heat and simmer for 3 minutes then serve

Chef's Tips:

This **AsianMeal® Rendang Paste** can also be used in the same way for beef and prawns
- Best to simmer till gravy thickens to coat the meat





Clams Rendang

3-4 servings

Ingredients:

- 1 packet (3.5oz/100gm) **AsianMeals® Rendang Paste**
- 400g fresh clams
- 50g coconut milk
- 1 stalk lemongrass (optional)

Method:

- 1) Preheat pot then add in **AsianMeals® Rendang Paste**
- 2) Add in clams, and lemongrass, mix well
- 3) Pour in coconut milk, and bring to boil
- 4) Cover with lid and let it simmer for 3 minutes, till clams open up
- 5) Best serve with steam white rice

Chef's Tips:

The **AsianMeals® Rendang Paste** can also be used in the same way for beef and prawns





Pasta Rendang Linguine

2-3 servings

Ingredients:

- 1 packet (3.5oz/100gm) **AsianMeals® Rendang Paste**
- 400g blanched linguine pasta
- 50ml cooking cream
- 30g garlic, chopped
- 100g boneless chicken meat, sliced
- 20g turmeric leaf (optional - striped)
- 2 tablespoons cooking oil

Method:

- 1) Preheat pan, sauté garlic and add in chicken
- 2) Add in **AsianMeals® Rendang Paste**, stir well
- 3) Add in the cooking cream and bring to simmer, then add in linguine pasta and mix well
- 4) Garnish with striped turmeric leaves on top (optional)

Chef's Tips:

The **AsianMeals® Rendang Paste** can also be used for beef, poultry and prawns





Pineapple Chicken Salad

3-4 servings

Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Pineapple Sauce**
- 50g pineapple cube
- 50g carrot sticks
- 50g green salad
- 50g cucumber, cut into sticks
- 50g chicken breast meat shredded
- 30g onion, sliced
- 5pcs cherry tomatoes, wedged

Method:

- 1) Place all ingredients in a bowl, toss with **AsianMeals® Pineapple Sauce**
- 2) Best served chilled

Chef's Tips:

AsianMeals® Pineapple Sauce is also great as a pour-over sauce on fried food or as a dip





Pineapple Fried Fish Fillet

3-4 servings

Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Pineapple Sauce**
- 300g fish fillet, light marinated with salt and coated with flour then deep fried
- 1 onion, cubed
- 30g green capsicum, sliced
- 30g red capsicum, sliced
- 30g Japanese cucumber, sliced

Method:

- 1) Preheat wok and add in **AsianMeals® Pineapple Sauce**
- 2) At high heat add in the vegetables, stir fry for 2-3 minutes
- 3) Add in the fish fillet, mix well into the sauce until well coated
- 4) Served with steamed rice

Chef's Tips:

AsianMeals® Pineapple Sauce can be used as a pour-over sauce as a salad dressing or a dip





Chilli Crab

3-4 servings

Ingredients:

- 1 packet (3.5oz)/100gm) **AsianMeals® Chilli Crab Sauce**
- 500gm Fresh Crabs
- 1 Egg
- 20gm Spring onions - cut into slices
- 20gm Red Chilly - cut into slices

Method:

- 1) Preheat wok, add in **AsianMeals® Chilli Crab Sauce** till fragrant
- 2) At high heat add Crab stir fry for 2-3 minutes, stir well with the sauce
- 3) Cover with lid for 2 minutes, simmer till crab shell are red.
- 4) Remove wok from heat, and break egg into the wok and stir to mix well.
- 5) Chilli crab is ready to served hot with rice or bread.

Chef's Tips:

AsianMeals® Chilli Crab Sauce also good with all type of seafood.





Chilli Prawn

3-4 servings

Ingredients:

- 1 packet (3.5oz)/100gm) **AsianMeals® Chilli Crab Sauce**
- 500gm Fresh Prawns - clean and de-veined
- 1 Onion - cut into slices
- 20gm Spring onions - chopped
- 20gm Red Chilly- cut into slices

Method:

- 1) Preheat wok, add in **AsianMeals® Chilli Crab Sauce** till fragrant
- 2) At high heat add prawn stir fry for 2-3 minutes, stir well with the sauce
- 3) Cover with lid for 1 minute, simmer till prawns cooked.
- 4) Sprinkle in chopped spring onions and the chilli prawn is ready to serve.

Chef's Tips:

AsianMeals® Chilli Crab Sauce also best for other types of seafood.





Mango Salad

3-4 servings

Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Mango Sauce**
- 1 clove of garlic, peeled
- 10pcs dried shrimps
- 4 shallots, peeled & sliced thinly
- 2.5 tablespoons Thai fish sauce to taste
- 2 Thai green (unripe) mangoes, peeled
- 2 tablespoons roasted peanuts
- 1 raw long bean, ends trimmed, sliced to 5 cm (2 inch) lengths
- 3 cherry tomatoes halved
- Coriander for garnishing

Method:

- 1) Julienne mango in thin strips. If not using right away, soak in ice water for a few minutes, then drain and pat dry with paper towel before tossing
- 2) Add **AsianMeals® Mango Sauce**, garlic, peanuts, dried shrimps, shallots, long beans and fish sauce to mortar. Pound softly with pestle for about one minute to gently crush the ingredients to release their flavours
- 3) Add cherry tomatoes and mango. Toss to coat evenly. Transfer to serving plate and garnish with coriander





**Championing
the Asian
food heritage**

