

# KOKA HEALTHIER MOMENTS

*Quick and easy instant noodle recipes,  
ready in 15 minutes or less*

**Featured Recipe:** The Desk Marathon, pg. 4

**KOKA<sup>®</sup>**



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# SAVOURY SNACKABLE TRAIL MIX

*The Desk Marathon*



COOKING TIME  
**15 Minutes**



SERVINGS  
**3 plates**

## Intro

It's 3pm, and your to-do list seems a mile long. It feels like ages since lunch, and ages until dinner, so that communal office cookie jar is looking tastier and tastier... If this sounds familiar,

The Desk Marathon is for you.

This tasty alternative to a traditional 'trail mix' is packed with flavour, and stores perfectly in zip-lock bags for your desk drawer, handbag or locker.

## Ingredients

- 2 packets of your favourite flavour of KOKA Purple Wheat noodles (we used Purple Wheat Chilli and Lime for an extra kick)
- ¾ cup unsalted raw cashews
- ¾ cup unsalted raw almonds
- 2 tablespoons sesame seeds
- ½ cup wasabi peas
- Salt
- Vegetable oil cooking spray

## Cooking Method

1. Open 1 packet of noodles, set aside the flavour sachet. Break the noodles into bite-sized pieces, pour into a large bowl.
2. Preheat your oven to 170°.
3. Place a sheet of baking paper on an oven rack. Toss the first packet of broken noodles, cashews almonds and sesame seeds together, spraying well with cooking oil spray as you go.
4. Place in oven for 10 mins, opening every 2-3 minutes and turning the mixture over to stop it from burning.
5. Break the second packet into bite sized pieces.
6. Mix the wasabi peas and second packet of broken noodles into the mixture. Wait for it to cool. Sprinkle half of seasoning sachet over the top.
7. Portion out the mixture into small sandwich bags.



# CRUNCHY CAPSICUM STIR-FRY

*The Leftover-Filled Fridge*

**COOKING TIME**  
10-15 Minutes

**SERVINGS**  
1 plates

## Intro

Have you ever felt like your fridge contains more leftovers than ingredients? It's time to turn those leftovers into a brand-new, delicious meal.

Whether it's the last of a roast chicken or extra hawker meat, The Leftover-Filled Fridge is a fresh, easy way to breathe life into leftovers in less than 15 mins.

## Ingredients

- 300 grams roast beef or chicken
- 50 grams scallions
- 60 grams red capsicum
- 60 grams yellow capsicum
- 60 grams celery
- 60 grams mushrooms, sliced
- 50 grams sesame seeds
- 1/3 tablespoon vegetable oil of your choosing
- 1 packet KOKA Purple Wheat Aglio Olio Noodles
- ½ teaspoon sugar
- 1/4 teaspoon soy sauce

## Cooking Method

1. Cut cooked beef or chicken fillet into 4cm slices.
2. Cut scallion, capsicum and celery into 4cm chunks.
3. Combine your KOKA Purple Wheat Aglio Olio Noodles flavour sachet, sugar and soy sauce with 200ml boiling water.
4. Turn stove to medium heat. Heat the wok with the oil. Stir-fry scallions and capsicum for 10 seconds. Add celery and mushroom and toss them together for 10 seconds. Add your dissolved flavour packet and the beef or chicken slices and cover with lid.
5. Cook for 1 minute over medium to high heat until the liquid is absorbed into the mixture. If there is still liquid present after a minute turn to high heat for another minute, repeat til liquid is absorbed.
6. Cook the noodles in boiling water for 2-3 minutes, drain.
7. Combine noodles with the meat and vegetables.
8. Sprinkle sesame seeds on top for crunch.



# SPICY MISO NOODLE SOUP

*The Arm Day*

  
COOKING TIME  
**5 Minutes**

  
SERVINGS  
**1 plates**

## Intro

You know all too well that eating healthier meals is as important as exercise for good health or weight loss, but after a day at the gym, the last thing you'd like to do is set aside an hour to fetch and carry condiments and vegetables around your kitchen.

Have no fear! The Arm Day is packed with wholegrains, some leafy greens, and takes around 5 mins to prepare!

Plus it's made with minimal ingredients, so you can leave the heavy lifting for another day...

## Ingredients

- 1 pkt KOKA Delight Spicy Sesame Noodles
- 1 spring onion
- 1 tbsp white miso paste
- 1 bunch of bok choy
- Fried Shallot (optional)
- 500ml water

## Cooking Method

1. Chop bok choy into 5cm long pieces. Chop spring onion roughly.
2. Bring 500ml of water to boil on the stove.
3. Add miso paste, sachet of seasoning powder and sachet of seasoning oil as it boils.
4. Add noodles, dehydrated vegetable sachet and bok choy, stir for 3min until cooked.
5. Pour into bowl, garnish with spring onions. If desired, sprinkle fried shallots on top for extra crunch.



# COLD NOODLE SALAD JARS

*The Snooze Button*



COOKING TIME

10-15 Minutes



SERVINGS

4 plates

## Intro

Want just one more press of your alarm's snooze button? Whether you're a mum, student, busy professional, we all have one thing in common - mornings are a race to the door. Our tip? Prepare a healthy, balanced lunch the night before, and grab it on the way out with The Snooze Button. Perfect for the whole family, or to prepare for a few days at a time, this recipe will make 4 jars.

## Ingredients

### Mustard-Thyme Vinaigrette:

- 5 teaspoons red wine vinegar
- 5 teaspoons country Dijon mustard
- ¾ teaspoons chopped fresh thyme leaves
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 5 tablespoons extra virgin olive oil

### Salad Jars:

- 8 ounces cooked chicken breast, chopped
- 2 packets of KOKA Soy & Vinegar Purple Wheat Noodles
- 1 cup walnuts, roughly chopped
- 4 tablespoons shaves Asiago cheese
- 4 cups baby spinach, roughly torn

## Cooking Method

1. Boil the KOKA Purple Wheat Noodles for 3 minutes. Rinse in cold water.
2. Make mustard-thyme vinaigrette: in small bowl, whisk together vinegar, mustard, thyme, salt and pepper. While whisking, slowly drizzle in oil until all oil is incorporated.
3. Prepare the 2 sachets of Soy & Vinegar sauce according to packet instructions, and mix with vinaigrette.
4. Drain the noodles, layer remaining ingredients, ending with spinach (you may have to tightly pack spinach into jars). Top with lids and refrigerate up to 4 days. To serve, pour on to plate or bowl, stir and enjoy!



# RAINBOW NOODLE BOWL

*The Refresh Button*

  
COOKING TIME  
**10-15 Minutes**

  
SERVINGS  
**1 plates**

## Intro

Even the hungriest foodies among us occasionally get bored with their meals. Some eat the same 5-6 dishes for months and need a change, some just find themselves flipping through Instagram, thinking 'why does nothing I make look this tasty?'

The best solution? Pay extra attention to colour and texture, for a meal that will please all of your senses, not just taste.

That's why we love @stanniv's creation, a tasty rainbow that is sure to delight and inspire.

## Ingredients

- Carrot, to taste
- Bok choy, to taste
- 3 fish balls
- 1 packet of KOKA Purple Wheat Noodles
- 1 Egg
- Chilli oil (optional)

## Cooking Method

1. Pan fry fish balls and other meats of your choice.
2. Saute carrot and bok choy.
3. Boil KOKA Purple Wheat Noodles for 2 minutes in a saucepan.
4. Fry an egg in the style of your choice.
5. Place noodles in a bowl and add the other ingredients on top.
6. For an extra kick of spice, add chilli oil to the noodles.
7. Serve and enjoy!



# SPICY FISHBALL NOODLES

*The Takeaway Temptation*



COOKING TIME  
10-20 Minutes



SERVINGS  
1 plates

## Intro

Whether you're passing a street stall or browsing an app, the ease of takeaway can feel irresistible. However, the downside to takeaway is giving up control over the ingredients used. From MSG, to added sugar, to excess fat, to simple carbohydrates, a lot of unhealthiness can hide in an innocent-looking meal! That's why we love @misspolkadot's quick, colourful twist on a favourite takeaway meal. Her recipe allows you to select healthy ingredients like low-sodium soy sauce and steamed and baked noodles like KOKA Delight, which include wholegrains and are low in fat. Plus, it takes even less time to prepare than you'd spend waiting for home delivery!

## Ingredients

- 1 packet of KOKA Low Fat Noodles
- Fish balls or meat balls, to taste
- Baby bak choy vegetables, to taste
- 1 tablespoon Garlic oil
- 1 tablespoon light soy sauce
- 2 tablespoons sweet soy sauce (kecap manis)
- Red chili padi, cut into rings
- Fried shallots

## Cooking Method

1. Boil water in a cooking pot, blanch vegetables & fishballs, set aside.
2. Cook KOKA Low Fat Noodles for 2 minutes until perfectly cooked. Drain the water.
3. Prepare a bowl or plate with garlic oil, light soy sauce & sweet soy sauce.
4. Add noodles and mix to combine well with the sauce.
5. Topped with fish balls & vegetables. Garnish with fried shallots & chilli.

# PORK STUFFED SANDWICH

*The Comfort Food*



COOKING TIME  
**10 Minutes**



SERVINGS  
**1 plates**

## Intro

What do rainy days, stressful work weeks and time spent far from family and friends have in common?

They're all a little bit easier with a serve of comfort food. But what to choose when selecting comfort food?

Chips, cookies, macaroni and cheese... a lot of choices may spring to mind, but what if you're looking to go for something healthier?

Try @rontreechan's tasty twist on a grilled sandwich, for those comforting carbohydrates, without the threat to your cholesterol levels.

## Ingredients

- 1 thick slice of brioche bread
- 1 KOKA Delight Spicy Black Pepper Noodles
- 2 thin slices of pork collar, cut into strips
- Frozen vegetables, to taste
- Butter spread

## Cooking Method

1. Use 1/3 of seasoning sachet that came in the KOKA noodle packet to season the pork strips.
2. Cut an opening in the brioche bread, spread inside and outside with spread. Pan sear till golden brown and set aside.
3. Heat up a pan with some oil, cook the seasoned pork strips for 2 mins or till just cooked.
4. Cook KOKA noodles in boiling water together with frozen vegetables for 3 minutes.
5. Dish out noodles and vegetables, and mix well with remaining given seasoning, sauce and the cooked pork.
6. Fill up the brioche sandwich with noodle and serve with a mixed salad. Enjoy!

# SOYA SEAFOOD STIR FRY

*The Fussy Family*



COOKING TIME  
15-20 Minutes



SERVINGS  
4 plates

## Intro

Cooking for the family can be a challenge, catering to different preferences that seem to change every few days, and dodging insistent requests for vegetable-free food with little nutritional value. Two words come to mind when looking at @aiwhey's delicious stir-fry noodles: easy variety. This dish is not only quick to prepare, but it can be adapted to incorporate a variety of seafood, meats, veggies and condiments on the spur of the moment, so if your little one spontaneously decides that carrots are the enemy, the snowpeas or the cauliflower are ready to go, and the fries and chicken fingers are staying in the freezer...

## Ingredients

- 4 packets of KOKA Low Fat Noodles
  - 120g bean sprouts
  - 3 cloves garlic, minced
  - 2 round fishcakes, thinly sliced
  - 16 medium-sized prawns (de-shelled with tail intact)
  - 100g chye sim
  - 1 large carrot, peeled and julienned
  - 2 beaten eggs
- Sauce:
- 4 tablespoons dark soy sauce
  - 2 tablespoons dark sweet soy sauce
  - 2 tablespoons light soy sauce
  - 2 tablespoons fish sauce
  - 2 tablespoons shaoxing wine
  - 1 tablespoon sesame oil
  - White pepper to taste

## Cooking Method

1. In a saucepan over medium heat, cook noodles according to package directions. Immediately drain the noodles in a colander and rinse under cold water to stop the cooking process and get rid of excess starch.
2. Heat up the wok with cooking oil and saute the minced garlic till fragrant. Once fragrant, add in bean sprouts and stir fry till half cooked. Add in prawns and stir fry until the prawns are almost cooked. Add in the fishcake and stir for a few seconds. Lower the heat and move all ingredients to the side of the wok.
3. Add in the cooked noodles and sauce and stir-fry for 1 minute to ensure that the sauce is evenly distributed. Sprinkle some warm water if the noodles are drying out or burning.
4. Scoop the noodles to the side and pour in the beaten egg into the cleared space. Let the egg cook till just set and then stir into the noodles.
5. Add in the chye sim. Toss frequently to combine and mix them well.
6. Adjust seasoning to your preference and serve hot with chilli. Enjoy!

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