

# KOKA HEALTHIER MOMENTS VOL.2

*Delicious, Healthy,  
and Under 15 Minutes!*

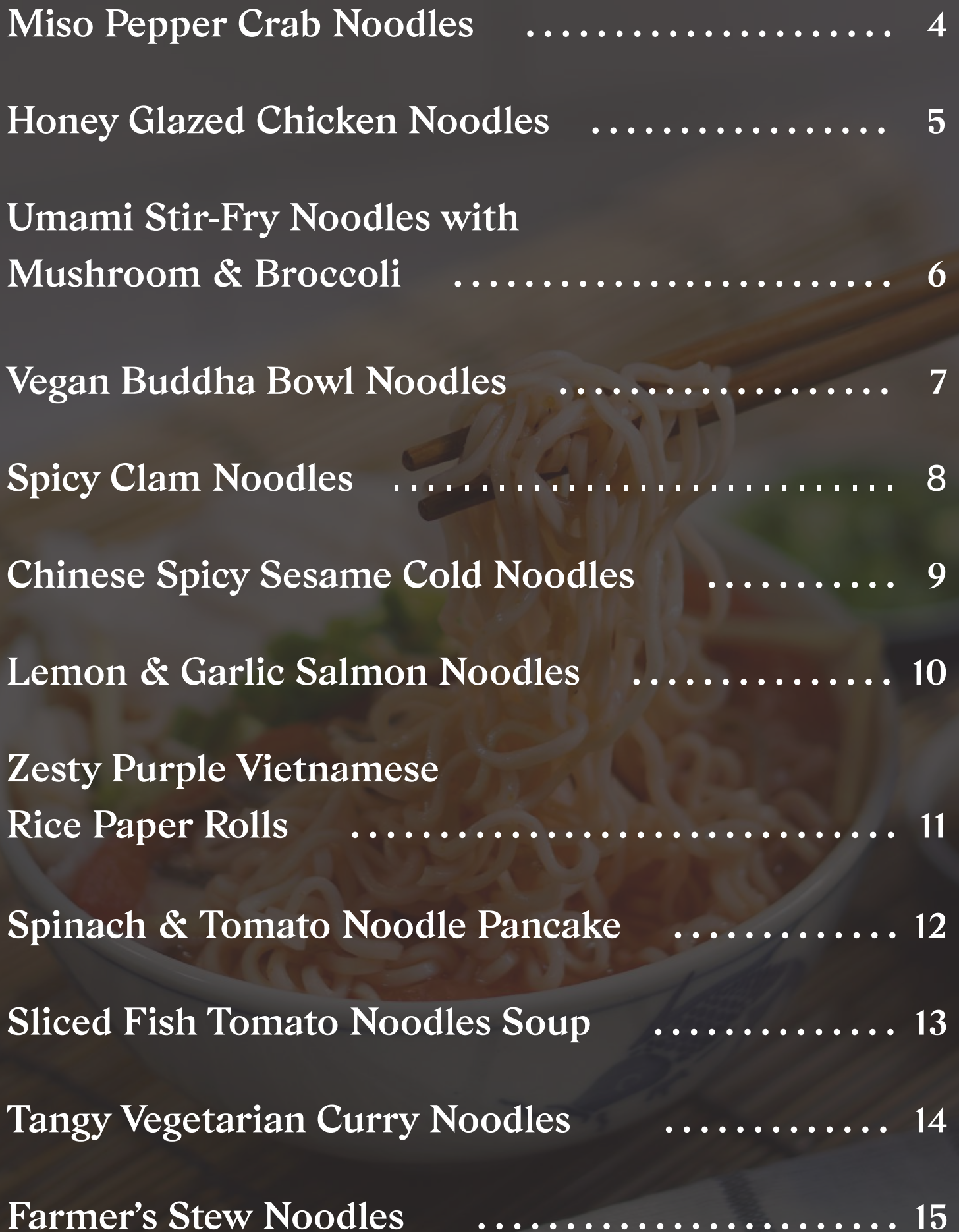
Featured Recipe: Spicy Clam Noodles, pg. 8



**KOKA**<sup>®</sup>



# Contents



Miso Pepper Crab Noodles .....	4
Honey Glazed Chicken Noodles .....	5
Umami Stir-Fry Noodles with Mushroom & Broccoli .....	6
Vegan Buddha Bowl Noodles .....	7
Spicy Clam Noodles .....	8
Chinese Spicy Sesame Cold Noodles .....	9
Lemon & Garlic Salmon Noodles .....	10
Zesty Purple Vietnamese Rice Paper Rolls .....	11
Spinach & Tomato Noodle Pancake .....	12
Sliced Fish Tomato Noodles Soup .....	13
Tangy Vegetarian Curry Noodles .....	14
Farmer's Stew Noodles .....	15



# MISO PEPPER CRAB NOODLES

For those who can't take too much spiciness, but still love a hot seafood noodle soup, KOKA Signature Pepper Crab Noodles strike the perfect balance between flavour and spice. Add some miso paste for a thicker soup base. If you're feeling fancy, add your own crab claws and scallops and live it up!

## Ingredients

- 2 packets of KOKA Signature Pepper Crab Noodles
- 2 tablespoons of miso paste
- 200g of frozen crab meat imitation
- 100g of black fungus, chopped
- 1 spring onion, chopped
- Coarse crushed black pepper
- 2 scallops (optional)



**COOKING TIME**  
**10 Minutes**



**SERVINGS**  
**2**

## Cooking Method

1. In a saucepan, bring 800ml of water to a simmer and add the miso paste and the noodle seasoning powder. Bring to a boil. Add in the crab meat, black fungus and noodles. Cook for another 2 minutes.
2. Serve in a bowl. Add chopped spring onion and coarse crushed black pepper for garnish.



# HONEY GLAZED CHICKEN NOODLES

For protein and meat lovers, nothing beats tender lean chicken breasts glazed with honey on top of healthy carbohydrates such as the KOKA Purple Wheat Aglio Olio Noodles. It's the perfect snack to have before an intense gym session, or when you're craving a convenient dish that's full of energy.

## Ingredients

- 2 packets of KOKA Purple Wheat Aglio Olio Noodles
- 2 tablespoons of honey
- 1 clove of garlic, minced
- 1 tablespoon of sesame oil
- 1 tablespoon of light soy sauce
- 1 tablespoon of vegetable oil
- 200g skinless chicken breasts, diced into 2cm bite-size pieces
- ½ cup basil leaves, chopped



**COOKING TIME**  
**10 Minutes**



**SERVINGS**  
**2**

## Cooking Method

1. In a small bowl, mix together the honey, minced garlic, sesame oil and light soy sauce.
2. Heat up a frying pan over medium/high heat and add in the vegetable oil.
3. Add the chicken breasts and cook for a few minutes on each side until they are cooked.
4. Reduce the heat to low and add in the honey sauce. Flip the chicken pieces to coat in the sauce fully for 30 seconds. Set aside and let it rest.
5. Cook noodles in 600ml of boiling water for 2 minutes. Drain the noodles. In a bowl, toss the noodles with the noodle seasoning powder.
6. Serve the noodles with the honey glazed chicken on top on a plate.
7. Garnish with chopped basil.



# UMAMI STIR-FRY NOODLES WITH MUSHROOM & BROCCOLI

With the success of the documentary “Game Changers”, it’s important to offer diverse vegan options for classic dishes such as stir-fry noodles. But vegan doesn’t mean boring – these stir-fry noodles tick all the boxes, from flavour and texture to nutritious benefits and ease of preparation. Make the healthier choice today with our Mushroom and Broccoli noodles.

## Ingredients

- 2 packets of KOKA Signature Stir-fry Original Noodles
- 1 tablespoon of vegetable oil
- 1 clove of garlic, minced
- 100g of shiitake mushroom, quartered
- 100g of enoki mushroom, roots cut off
- 150g of broccoli, cut into bite-size
- 1 tablespoon of sesame oil
- 1 spring onion, chopped



**COOKING TIME**  
**10 Minutes**



**SERVINGS**  
**2**

## Cooking Method

1. Cook noodles in 600ml of boiling water for 2 minutes. Drain the noodles.
2. Heat up the wok with vegetable oil and saute the minced garlic for 1 minute. Add in the shiitake and enoki mushrooms and the broccoli. Stir for a few minutes until the shiitake mushrooms are slightly brown before adding in the cooked noodles. Stir for another minute.
3. Turn off the heat and add in the noodle seasoning powder.
4. Drizzle with sesame oil and toss well.
5. Serve on a plate and garnish with chopped spring onion.



# VEGAN BUDDHA BOWL NOODLES

Who doesn't love a colourful meal? Buddha bowls are a true dish to eat with your eyes first. Not only does it look great for the Gram, it is also a very easy and affordable way to prepare a balanced meal with healthy fats, quality carbohydrates, low sodium and great texture variety.

## Ingredients

- 2 packets of KOKA Purple Wheat Soy & Vinegar Noodles
- 100g shelled edamame
- 100g cherry tomatoes
- ½ Japanese cucumber, diced
- 100g sweet corn kernels
- 1 ripe avocado, cubed
- 200g firm tofu, diced
- 1 tablespoon of soy sauce
- 1 teaspoon of sesame oil
- 1 teaspoon white sesame seeds
- 1 spring onion, chopped
- 1 tablespoon fried shallots



COOKING TIME  
**10 Minutes**



SERVINGS  
**2**

## Cooking Method

1. Cook noodles in 600ml of boiling water for 2 minutes. Rinse under cold water and drain.
2. In a medium bowl, place the noodles first, then add the edamame, cherry tomatoes, Japanese cucumber, sweet corn, avocado and tofu.
3. In a small bowl, mix the noodle seasoning powder with soy sauce and sesame oil. Drizzle the mix over the main bowl.
4. Garnish with sesame seeds, spring onion and fried shallots.



# SPICY CLAM NOODLES

Our Spicy Clam Noodles recipe is a healthier take on the classic seafood pasta dish, and features KOKA Delight Chicken Noodles as the staple hero. Add the chicken seasoning powder to the broth when cooking the clams for the best infusion of flavour. To make it more family friendly, add the crushed red pepper and the chopped chilli padi separately for the children.

## Ingredients

- 2 packets of KOKA Delight Chicken Noodles
- 1 tablespoon of cooking oil
- ½ onion, chopped
- 2 cloves of garlic, minced
- 1cm knob ginger, minced
- 1 tablespoon crushed red pepper
- 1 tablespoon rice vinegar
- 1 tablespoon soy sauce
- 300g fresh clams
- 20g Chinese parsley, chopped
- 1 chilli padi, chopped



**COOKING TIME**  
**15 Minutes**



**SERVINGS**  
**2**

## Cooking Method

1. Heat up a saucepan with 1 tablespoon of cooking oil over medium heat. Add the onion, garlic, ginger and crushed red pepper. Cook for two minutes.
2. In the same saucepan, add in a cup of water, noodle seasoning powder, rice vinegar and soy sauce. Bring it to boil and then add the clams. Cover the saucepan and cook for about 5-7 minutes, until the clams open. Discard any clams that do not open. Set aside.
3. Cook noodles in 600ml of boiling water for 2 minutes. Drain the noodles and set on a plate.
4. Scoop the clams and add it on top of the noodles. Pour some of the remaining sauce used to cook the clams on the noodles.
5. Serve on a plate and garnish with Chinese parsley and chilli padi.



# CHINESE SPICY SESAME COLD NOODLES

This classic Chinese salad is very popular, and may be considered as a light and refreshing meal option. Best of all, as this dish is to be served cold, you can prepare it in advance and eat on the run, making it convenient as well as delicious!

## Ingredients

- 2 packets of KOKA Delight Spicy Sesame Noodles
- 1 tablespoon of sesame oil
- 1 tablespoon of rice vinegar
- 1 tablespoon of light soy sauce
- 1 clove of garlic, minced
- 1 spring onion, chopped
- A pinch of sugar
- A pinch of salt
- ½ Japanese cucumber, sliced into thin strips
- 20g Chinese parsley
- White sesame seeds
- Chilli flakes
- Salted roasted peanuts



COOKING TIME  
**15 Minutes**



SERVINGS  
**2**

## Cooking Method

1. Cook noodles in 600ml of boiling water for 2 minutes. Rinse under cold water and drain.
2. In a bowl, add the sesame oil, rice vinegar, noodle seasoning powder, light soy sauce, minced garlic, spring onion, a pinch of salt and sugar. Mix well.
3. Mix in the cold noodles and cucumber strips and toss well.
4. Garnish with Chinese parsley, white sesame seeds, chilli flakes and some salted roasted peanuts.



# LEMON & GARLIC SALMON NOODLES

A healthier alternative to an already healthy western recipe, where we replace pasta with KOKA Purple Wheat Aglio Olio Noodles, this dish is the perfect weeknight meal for busy people. The lemon zest is the perfect enhancement for the salmon, and the multigrains in the purple wheat noodles add healthy carbohydrates to this protein-rich dish.

## Ingredients

- 2 packets of KOKA Purple Wheat Aglio Olio Noodles
- 2 pieces of 100g salmon fillet with skin, 2 to 3 cm thick
- Salt and pepper to taste
- 2 tablespoons extra virgin olive oil
- 1 teaspoon garlic, minced
- 2 teaspoons capers (optional)
- 2 wedges of lemon
- 1/2 cup basil leaves, chopped
- Parmesan cheese grated (optional)



COOKING TIME  
**15 Minutes**



SERVINGS  
**2**

## Cooking Method

1. Season the salmon with salt and pepper.
2. Heat up a frying pan over medium/high heat and add in the olive oil.
3. Add the salmon and cook for a few minutes on each side until it's cooked. Add in the garlic once you start cooking the second side.
4. Cook noodles in 600ml of boiling water for 2 minutes. Drain the noodles. In a bowl, toss the noodles with the capers and the noodle seasoning powder.
5. Serve on a plate, add the salmon on top. Squeeze lemon juice over salmon.
6. Garnish with basil and grated parmesan cheese (optional).



# ZESTY PURPLE VIETNAMESE RICE PAPER ROLLS

Preparing Vietnamese fresh spring rolls can be a fun family activity. We make the recipe healthier by replacing the white vermicelli noodles with KOKA Purple Wheat Noodles, and recommend that you mix the Chili & Lime seasoning directly with the noodles for that extra zesty flavour punch!

## Ingredients

- 1 packet of KOKA Purple Wheat Chilli & Lime Noodles
- 4 rice wrappers
- 6 cooked shrimps, deshelled and sliced into halves
- 200g bean sprouts, freshly chopped Thai basil and mint leaves
- 4 iceberg lettuce leaves
- 1½ tablespoons oyster sauce
- 1 tablespoon lime juice
- 1 teaspoon garlic, minced
- 1 teaspoon white sugar
- Chopped peanuts



**COOKING TIME**  
**15 Minutes**



**SERVINGS**  
**4**

## Cooking Method

1. Cook noodles in 600ml of boiling water for 2 minutes. Rinse under cold water and drain. Mix with the noodle seasoning powder. Set aside.
2. Fill a large bowl with warm water. Dip one rice wrapper into the bowl to soften for 1 second. Lay the wrapper flat on a plate.
3. In a row across the center, place 2 shrimp halves, a handful of noodles, beansprouts, herbs and lettuce to your liking. Leave some space on each side.
4. Fold uncovered sides inwards, then tightly roll the rice wrapper.
5. Repeat again for as many spring rolls as you want.
6. For the dipping sauce, mix the oyster sauce, lime juice, garlic, sugar and chopped peanuts in a small bowl.



# SPINACH & TOMATO NOODLE PANCAKE

Spinach & Tomato Noodle pancake is your lazy but indulging egg fix. Great for a quick lunch on weekdays between Zoom calls, make sure to add the tomato seasoning to the pancake for the best flavour result.

Bonus tip - adding fresh tomatoes, button mushrooms and baby spinach into the omelette gives more bulk to the pancake and also helps with diversifying texture.

## Ingredients

- 1 packet of KOKA Delight Tomato Noodles
- 2 eggs
- 1 fresh tomato, chopped
- 50g button mushrooms, sliced
- 100g baby spinach, chopped
- Salt and pepper to taste
- 1 tablespoon of vegetable oil
- Parmesan cheese (optional)



**COOKING TIME**  
**10 Minutes**



**SERVINGS**  
**1**

## Cooking Method

1. Cook noodles in 600ml of boiling water for 2 minutes. Drain the noodles.
2. In a bowl, crack the eggs and with a fork, mix well with the chopped tomato, the button mushroom and the baby spinach. Add salt and pepper to taste.
3. In the same bowl, add in the noodles and seasoning powder. Mix well.
4. Heat a frying pan over medium heat with vegetable oil. Add in the egg mixture. Cook until golden brown on both sides. Serve on a plate.
5. Optional: Sprinkle some parmesan cheese over the pancake.



# SLICED FISH TOMATO NOODLES SOUP

A simplified traditional Singapore sliced fish dish with tomato, this recipe is the perfect choice when you need a light but filling dinner. Full of fresh flavours and taking an easy 10 minutes to prepare, your mouth will be watering as the ginger-infused soup simmers away on the stove.

## Ingredients

- 2 packets of KOKA Original Tomato Noodles
- 1cm knob ginger
- 1 whole tomato, sliced
- 200g white fish fillet, sliced
- 1 tablespoon fried shallots
- 1 spring onion, chopped
- 50g fried ikan bilis (anchovies)



COOKING TIME  
**10 Minutes**



SERVINGS  
**2**

## Cooking Method

1. Bring 800ml of water to a boil, add ginger, and tomato let it simmer for 3 minutes. Add the noodle seasoning powder, white fish fillet and noodles. Cook for another 3 minutes.
2. Place in a bowl, garnish with fried shallots, spring onion and fried ikan bilis.



# TANGY VEGETARIAN CURRY NOODLES

Need a fast fix for your curry cravings? This easy vegetarian curry noodle soup is topped with fresh ingredients and can be whipped up in less time than it takes to buy the ingredients! Topping your soup with the fresh lime adds that zesty lift to your curry that lightens the whole meal.

## Ingredients

- 2 packets of KOKA Delight Curry Noodles
- 2 small potatoes, peeled and halved
- 100g lady's finger, bite-size
- 1 small carrot, cut into 3cm long strips
- 150g mushrooms, cubed
- 1 red chilli, sliced
- 20g Chinese parsley, chopped
- 2 lime wedges



**COOKING TIME**  
**15 Minutes**



**SERVINGS**  
**2**

## Cooking Method

1. In a saucepan, bring 800ml of water to boil, add the potatoes. Let it boil for 5 minutes. Then add in the noodle seasoning powder, lady's fingers and carrots. Let it boil for another 3 minutes.
2. Add in the mushrooms and the noodles and bring it to boil. Let it cook for another 2 minutes.
3. Serve in a bowl and garnish with red chilli, Chinese parsley and lime wedges.



# FARMER'S STEW NOODLES

It's Friday and you need to buy groceries very soon. Your family's famished but you don't want to throw away the vegetables you have left in your fridge. Why not prepare a delicious big pot for the whole family and minimise food wastage at the same time? If you don't have that many vegetables left, we recommend adding some chicken thighs to bulk up the dish.

## Ingredients

- 3 packets of KOKA Purple Wheat Homestyle Braised Duck Noodles
- 100g shiitake mushrooms, halved
- 1 whole tomato, sliced
- 2cm knob ginger, chopped
- 4 spring onions, chopped
- Suggested alternative ingredients: Chinese parsley, corn, carrot, Chinese cabbage, sliced chicken thighs



**COOKING TIME**  
**10 Minutes**



**SERVINGS**  
**4**

## Cooking Method

1. In a big pot, bring 1200ml of water to a boil. Add in the 3 sachets of noodle seasoning, shiitake mushrooms, sliced tomato and ginger to simmer for 5 minutes.
2. Add in the noodles to boil for 2 minutes.
3. Turn off the heat and serve in separate bowls. Garnish with chopped spring onion.

## Contact Us

Tat Hui Foods Pte. Ltd.

37 Quality Road, Singapore 618808

T: (65) 6261 1010

E: [enquiry@tathui.com](mailto:enquiry@tathui.com)

W: [www.kokanoodles.com](http://www.kokanoodles.com)

# KOKA<sup>®</sup>

