



Alexandra's Lunch & Snack Ideas



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Alexandra Prabakaran

Alexandra is a certified nutritionist with the American Fitness Professionals and Associates (AFPA). Prior to obtaining her certification she worked as a Food Editor for Friedchillies Media where she wrote food articles, hosted online shows and developed recipes for the Friedchillies website. Her love of food and nutrition is showcased in the meals she has created for her latest venture, Food Matters, where healthy lunches are delivered to offices in KL and Singapore.

Alexandra has also shot a healthy cooking series with Fair Price and Food For Life TV in Singapore and develops recipes and writes articles for magazines such as Shape, Her World and Flavours. Additionally, she conducts nutrition workshops and cooking demos and has worked with clients such as Cold Storage, Marigold, US Potato, Citibank, Horlicks, Marsh and Coca-Cola.

Introduction

I have a simple philosophy when it comes to food and nutrition, and that is to enjoy everything in moderation. Food is one of life's pure pleasures and people often think that if they eat healthily they'll be sacrificing on flavour, which is far from the truth. Throughout this recipe booklet you'll find light dishes as well as some that can be quite sinful but balanced at the same time. Spices and fresh herbs are used in abundance to give the rich flavours minus the calories and the wonderful Mission Foods products give us a great carbohydrate option to ensure that we stay fuller for longer.

These recipes can either be enjoyed for lunch or as a snack. The addition of a side salad or soup is what rounds it off as a meal but many of these can easily be enjoyed on the go for a quick pick-me-up. Most of these recipes are easily prepared in under 15 minutes and are appropriate for any skill level in the kitchen so there are no excuses for not eating right.

With a diet that is balanced with the right kinds of carbohydrates, fats and proteins, you'll find that you have more energy and vigor for life, with the added benefit of looking better. I hope you enjoy these bites and that they leave you salivating for more.



Cheesy Prawn Foldover

Serves: 2

Ingredients:

- 2 Mission Curry Wrap
- 3 prawns shelled and deveined
- 1 small tomato, chopped
- 1 handful cilantro, chopped
- ¼ red onion, chopped
- ½ cup cheddar cheese, grated
- 1 tsp Cajun seasoning

Steps:

1. Coat the prawn with Cajun seasoning and bake at 170°C till cooked through.
2. Dice the cooked prawn and toss in with the tomato, cilantro and red onion.
3. Lay down 1 wrap on a non-stick pan and heat up for 30 sec. No oil is required.
4. Add the prawn mixture, sprinkle with cheese and fold over.
5. Flip to ensure both sides are evenly browned and cheese has melted.

Prawns are high in protein as well as iodine and zinc and make for a mouth-watering filling especially when served with melted cheese.



Steak Nachos

Steak nachos are an all-time favourite protein-rich snack. Serve this when you have guests over as a simple yet delicious treat.

Serves: 4

Ingredients:

- 2 cups of Mission Tomato Flavoured Tortilla Chips
- 1 tomato, chopped
- ½ red onion, chopped
- ½ cup black beans
- 1 handful cilantro, chopped
- 1 tsp Cajun seasoning
- 1 tsp Mexican chilli powder
- 1 cup cheddar cheese, grated
- 1 lime, juice
- Salt and pepper
- Sour cream
- 200g steak

Steps:

1. Marinate steak with Cajun seasoning.
2. In a bowl toss together the tomato, onion, black beans and cilantro.
3. Sprinkle in some Mexican chilli powder.
4. Add in lime juice and season with salt and pepper.
5. Cook the steak till medium, sliced up and toss it in with the salad mixture.
6. In a large baking dish spread out the tortilla chips and then spoon over the steak and salad mixture. Cover with cheese and bake till the cheese has melted.
7. Serve with sour cream on the side.





Chicken Rendang Wrap with Green Mango Salad

Serves: 2

Ingredients:

- 2 Mission Onion & Chives Wraps
- 1 chicken breast
- 1 packet rendang spice mix
- 1 handful lettuce
- 2 tbs lime juice
- 2 tbs fish sauce
- 1 tsp brown sugar
- 1 green mango, cut into strips
- 1 scallion, cut into thin strips
- ¼ cup cilantro, chopped
- ¼ cup mint, chopped
- 2 tbs peanuts, chopped
- ½ tsp red pepper flakes

The tangy green mango salad will help to cut down the richness of the chicken rendang wrap making it a lovely balanced meal.

Steps:

1. Cook the chicken in rendang seasoning as per package instructions.
2. Slice chicken rendang once cooled.
3. To assemble wrap, place the lettuce on a warmed wrap. Add rendang chicken and wrap it up.

Mango Salad

1. In a large bowl whisk together lime juice, fish sauce and sugar until sugar dissolves.
2. Add mangoes, scallions, cilantro and mint. Toss to coat.
3. Taste and adjust seasoning with additional lime juice, fish sauce and sugar as desired.
4. Top with chopped peanuts and red-pepper flakes.

Peanut Butter and Cinnamon Apple Wrap

This snack can be enjoyed as a dessert or as a bite on the go for a boost of energy.

Serves: 2

Ingredients:

- 2 Mission Original Wraps
- 1 tbs Natural crunchy peanut butter
- 1 tsp cinnamon, ground
- 1 green apple, peeled and cubed
- 1 tsp brown sugar
- 1 tbs butter

Steps:

Cinnamon Apple

1. In a pan heat up the butter and toss in apples.
2. Sprinkle in the sugar and cinnamon. Ensure all the apple cubes are coated with both sugar and cinnamon.
3. Sautee until the apples are soft.

Creating the Wrap

1. To make the wrap spread the peanut butter evenly on the wrap.
2. Add the apple mixture, roll it up and enjoy.





Salmon Veggie Tartlets with Green Side Salad

These tartlets are packed with nutrients and can be enjoyed as a snack on the go or as a full meal with a refreshing green salad.

Serves: 2

Ingredients:

- 2 Mission Wholegrain Wraps
- ¼ zucchini, cubed
- ¼ red pepper, cubed
- 4 cherry tomatoes, halved
- 1 cup cheddar cheese, grated Salmon, cooked and flaked
- Olive oil
- Mixed Green Salad leaves
- Balsamic Vinegar
- Salt & pepper

Steps:

1. Cut wraps with a round cookie cutter and place into a muffin tin as tartlet base.
2. Mix zucchini, red pepper and cherry tomatoes in a mixing bowl, season with salt and pepper and drizzle with some olive oil.
3. Put those vegetables in the tartlet bases, add in the flaked salmon and top with cheese.
4. Bake till filling is soft and tart base is crisp.





Green Side Salad

1. Toss green salad leaves with balsamic vinegar and olive oil.
2. Season with salt and pepper and serve with the tartlets.





Curry Prawn Naan Pizza

Give your standard pizza a facelift with Indian spices that are not only bold in flavour but low in calories.

Serves: 1

Ingredients:

- | | | | |
|---|--------------------|---|---------------------------------|
| 1 | Mission Plain Naan | 2 | sprigs cilantro, for garnishing |
| 2 | tsp curry powder | 1 | handful feta |
| 1 | tsp ginger, minced | 4 | prawns, shelled and deveined |
| 1 | tsp garlic, minced | | Salt & pepper |
| 3 | tbs Greek yogurt | | Olive oil |
| 4 | cherry tomatoes | | |
| ¼ | onion, chopped | | |

Steps:

1. Mix 1 tsp curry powder, 1 tbs yogurt, ginger, garlic and salt and pepper to taste into a paste.
2. Rub this paste on the prawns and leave to marinate for 20 minutes.
3. Halve the cherry tomatoes and drizzle with some olive oil and salt.
4. Put the tomatoes and the prawns on a baking tray and bake in oven at 170°C till cooked through and the tomatoes are caramelized.
5. Leave prawns to cool slightly.
6. Mix the remaining 1 tsp of curry powder with the 2 tbs of yogurt. Season with salt and pepper.
7. Spread this mix onto a naan, top with onion, prawns and caramelized tomatoes.
8. Drop a few feta cubes onto the naan and bake till just heated through.
9. Garnish with chopped cilantro and serve.



Lamb Mince Roll with Avocado Mash

If possible go for a lamb mince that is less fatty to ensure that you are not consuming too much saturated fat.

Serves: 2

Ingredients:

- | | | | |
|---|------------------------|------|---------------------------|
| 2 | Mission Curry Wraps | 1 | handful lettuce |
| ½ | onion, chopped | 1 | tsp Greek yogurt |
| 2 | garlic cloves, chopped | ½ | cup mozzarella cheese |
| 1 | tbs Moroccan seasoning | 1 | avocado, mashed |
| 1 | tomato, chopped | 1 | tsp lime juice |
| 2 | tbs raisins | 150g | lamb, minced |
| 2 | tbs parsley, chopped | | Salt and pepper, to taste |
| ¼ | cup chicken stock | | Olive oil |



Steps:

Minced Lamb Preparation

1. Heat oil in a pan and add in onion and garlic. Cook till softened.
2. Add in the mince and continue till browned.
3. Add Moroccan seasoning and stir till fragrant.
4. Add in tomato, raisins and stock. Simmer until thickened.
5. Stir in parsley once done.

Making the Roll

1. To make the roll, place a wrap on counter top and top it with lettuce, lamb mixture and mozzarella cheese.
2. Roll it up and place in oven at 170°C to melt the cheese within.

Avocado Mash

1. Mix mashed avocado with Greek yoghurt, lime juice and salt and pepper.
2. Serve together with lamb mince roll.



Beef and Corn Mini Bites

Serve these up as canapés at your next event to impress your guests. These little bites will please even the fussiest of eaters.

Serves: 4

Ingredients:

- | | |
|--|--------------------------------|
| 3 cups of Mission Garlic & Butter Tortilla Chips | ½ cup cheddar cheese, shredded |
| ½ cup minced beef | 1 handful cilantro leaves |
| ½ cup fresh corn kernels | Salt and pepper, to taste |
| ½ red pepper, cut in small cubes | Olive oil |

Steps:

1. In a pan heat up some olive oil and brown the minced beef until fully cooked through.
2. Stir in the corn, red pepper cubes, cilantro and season with salt and pepper.
3. Take tortillas chips and top each one with this mixture.
4. Sprinkle with cheese.
5. Place them on a tray and bake in the oven just till the cheese melts.
6. Remove from oven and serve.

Kimchi & Beef Pita with Miso Soup

Serves: 2

Ingredients:

2 Mission Plain Pita	¼ cup kimchi
80g sliced beef	1 handful baby spinach
½ sliced onion	1 packet miso soup
2 tbs teriyaki sauce	Olive oil

Having adequate amounts of fermented foods such as kimchi in your diet is beneficial to the health of the digestive system.

Steps:

1. Coat beef and onion in the teriyaki sauce and leave to marinate for 10 minutes.
2. In a pan heat up some oil and then sauté the beef and onions till cooked through.
3. Fill the pita with some baby spinach, the beef mixture and some kimchi.

Miso Soup

1. Prepare miso soup as per package instructions and serve with the pita.





Spicy Chicken Tomato Wrap with Cucumber Raita

Tomatoes are high in Vitamin A and C, which makes them a beautiful addition to any quick meal.

Serves: 2

Ingredients:

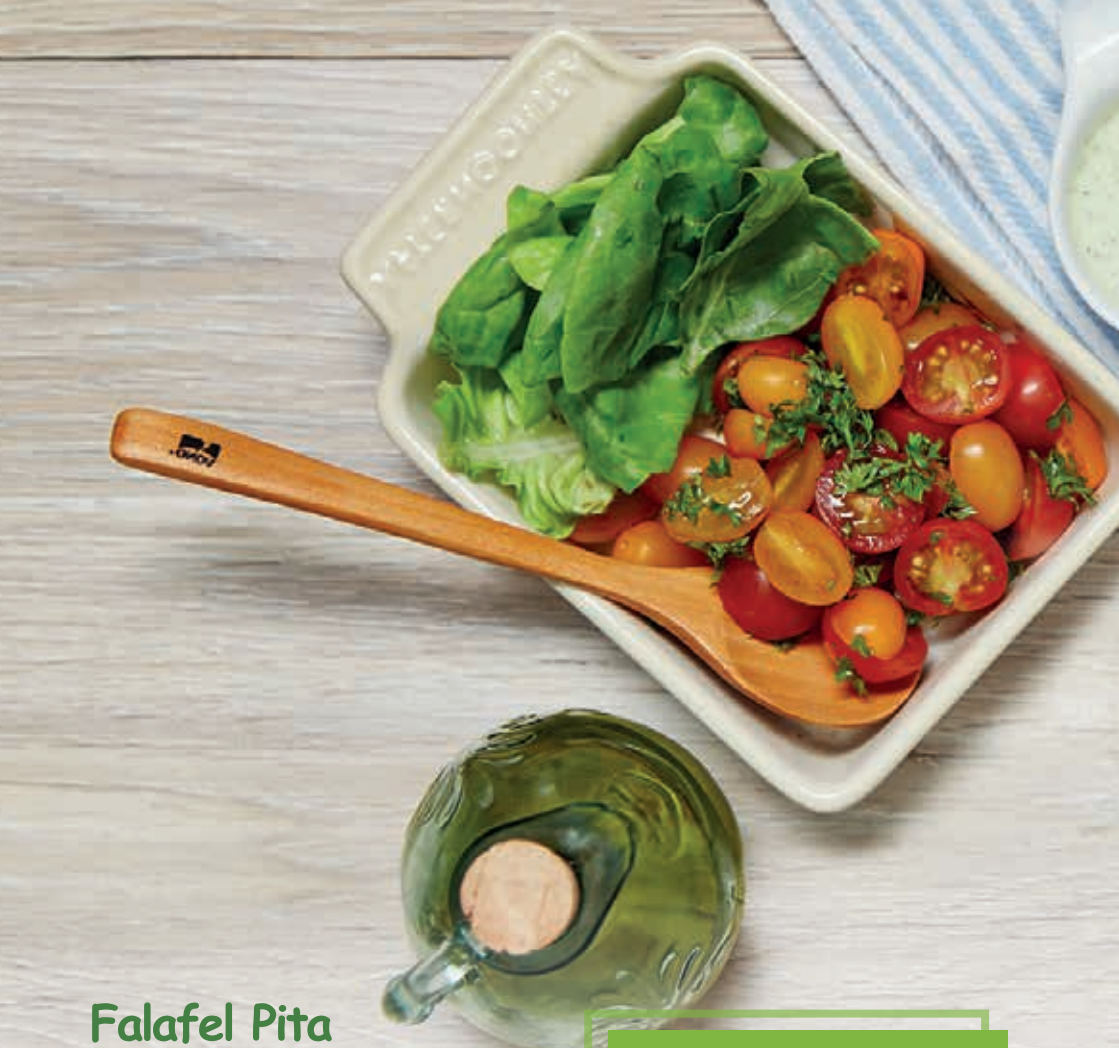
2 Mission 6 - Grain Wrap	2 slices tomato
1 chicken breast	½ cucumber, cubed
½ can tomato puree	¼ onion, sliced
1 tsp chilli powder	¼ chilli, sliced
½ tsp cayenne powder	1 tbs yogurt
1 tsp garlic powder	1 tsp lime juice
¼ cup chicken stock	Salt and pepper, to taste
1 handful baby spinach	

Steps:

1. In a pan heat up the tomato puree with chilli powder, cayenne powder, garlic powder and chicken stock.
2. Add chicken to the tomato mixture and cook till chicken is done.
3. Season with salt and pepper.
4. Slice the chicken and put it onto the wrap with some tomato sauce, sliced tomatoes and baby spinach.
5. Wrap it up.

Cucumber Raita

1. Toss in cucumber with onion, chilli, yogurt and lime juice.
2. Add salt and pepper to taste and let it sit for 5 mins for the flavours to soak in.
3. Serve with the wrap.



Falafel Pita with a Tomato Salad

Serves: 2

Ingredients:

- 2 Mission Wholemeal Pita
- 1 cup chickpeas
- 1 tbs olive oil
- ¼ onion, chopped
- 1 clove garlic
- 1 tsp cumin
- 1 handful cilantro
- 1 handful parsley, plus 1 tsp finely chopped

- 1 egg, beaten
- ¼ cup Greek yogurt
- 1 tsp lemon juice
- ½ cup mint leaves
- 1 handful cherry tomatoes, halved
- 1 tbs balsamic vinegar
- 1 tbs virgin olive oil
- Mixed salad
- Salt and pepper, to taste

Chickpeas are a wonderful substitute for meat if you're looking to get a healthy dose of protein without the saturated fat.



Steps:

1. In a processor, coarsely mash up the chickpeas with some olive oil, onion, garlic, cumin, cilantro and parsley to form a paste.
2. Season with salt and pepper.
3. Add the egg to the mash and form into patties.
4. Bake in the oven till they are brown and cooked through.
5. Clean the processor, add in the Greek yogurt, lemon juice, mint leaves, salt and pepper. Process till smooth.
6. Warm up the pita on a dry pan or an oven.
7. Create a pocket, place mixed greens and cooked falafels into the pocket, and top it with the yogurt mint dressing.

Tomato Salad

1. Toss the cherry tomatoes with balsamic, virgin olive oil, 1 tsp parsley.
2. Season with salt and pepper.
3. Serve with the pita.



Sambal Tempeh Wrap with Four Angle Bean Salad

Serves: 1

If you don't have the time or energy to make the sambal from scratch, buy a ready-made one from the store to speed things up in the kitchen.

Ingredients:

- | | |
|--------------------------------|------------------------------------|
| 1 Mission Garlic Wrap | 4 cucumber slices |
| 1 piece tempeh, sliced | 1 handful baby spinach |
| 5 pcs dried chilli, pre-soaked | 1 handful four angle beans, sliced |
| 2 pcs red chilli | 1 lime, juice |
| ½ red onion | Olive oil |
| 1 garlic clove | Sesame oil |
| 1 asam jawa pulp | Salt & pepper, to taste |
| 1 tsp brown sugar | A pinch of sesame seeds |

Steps:

1. In a blender, blend the dried chili, red chilli, red onion and garlic until it forms a paste.
2. In a pan heat up some oil and fry the chili paste until the oil begins to separate.
3. Add the asam jawa and sugar and continue cooking for 15 minutes until the mixture turns dark red. Taste and add salt if necessary.
4. Pan fry the tempeh till it's cooked through and crispy.
5. To assemble the wrap, top it with the baby spinach, cucumber slices and spread on some sambal.
6. Top it with the cooked tempeh and wrap it up.

Four Angle Bean Salad

1. Toss the sliced four angle beans with some lime juice, sesame oil, salt and pepper to taste.
2. Garnish with some sesame seeds.
3. Enjoy with the wrap.

Mission Foods Celebrity Chef Series Recipe Books

Alexandra Prabakaran's recipe book collaboration is the second recipe book we are creating in 2016. The success of the first book with Adam Liaw has made us want to create this second book that focuses on lunch and snacking ideas. We believe our readers have welcomed this new approach to our books and found it useful in their busy lives.

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With Alexandra's involvement, our latest recipe book is imbued with healthier selections, while retaining the flavoursome nature of local recipes. In this latest book, we explored a wonderful array of recipes ranging from chicken rendang wrap with green mango salad to sambal tempeh wrap to a curry prawn naan pizza. We are confident you will find a recipe that suits your need in whatever situation.

We at Mission are constantly seeking unique and interesting recipes that are wholesome and quick to make. We hope our consumers will appreciate our efforts on this recipe book and others to come. We hope to be an invaluable aid to the busy modern woman that needs to create a nutritious meal for her loved ones in a heartbeat and do keep a lookout for our last recipe book of the year, focusing on breakfast recipes.

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Mission Products

Wrap it up!

Mission's delicious range of Wraps come in a range of flavours: Original, Garlic, Wholemeal, Onion & Chive, Curry, Potato & Parsley and now the new 6-Grain Wrap. They are soft and flexible when heated making it easy to fill and roll all your favourite ingredients. Alternatively simply top with your favourite gourmet ingredients and bake for a perfectly sized thin crust pizza.



Pockets of delicious-ness

Looking for a lunch time alternative? Create wholesome lunch ideas with our pitas, no more boring lunches necessary. Pitas come in Plain and Wholemeal options.



Soak it up with Naan

Mission Naan are a great companion to any of your favourite dishes. They can be used with dips, paired with curry or gravy or used as a thicker pizza base. Naan come in two variants, Plain and Garlic & Herb.

A Healthier Snacking Alternative

Mission Tortilla Chips are made with 100% real corn and have 30% less oil than potato chips. Not only are they great for snacking, they make perfect appetisers when coupled with dips or topped with fresh ingredients for nachos. With six flavours to choose from including Original, Cheese, Tomato, BBQ, Hot & Spicy and Butter & Garlic, the possibilities are endless.





Healthy • Fast • Simple