

**ECO WINE & DINE**

# Healthy bites

*In today's age of modified foods and growth hormones, following the adage you are what you eat has never been more apt. Read on to discover eateries and recipes focusing on low fat, organic, vegetarian and vegan cuisines – kind to your waist, your ongoing health and the environment.*

**Heart Bistro's** global menu promises dishes low in fat, sodium and sugar, light on the palate but satisfying. Embracing healthier cooking methods to bring out the best in the natural ingredients used, dishes to try include layered roasted eggplant and zucchini baked with parmesan, duck *ragout papardelle* and pan-fried sea bream with a citrus, truffle and soy dressing. A



juice bar blends fresh fruit and vegetable concoctions to increase immunity and the tea bar's extensive menu features infusions and tisanes – teas brewed with aromatic herbs and spices – exclusive to **Heart Bistro**. 33 Orchard Road, #B1-08/09/10C Palais Renaissance. Tel: 6737 2148, [www.heartbistro.com.sg](http://www.heartbistro.com.sg) Email: [contactus@heartbistro.com.sg](mailto:contactus@heartbistro.com.sg)



Tucked away in a quiet corner of *Hilton Singapore*, **GLOW Juice Bar & Café** has served delicious organic fare for almost a decade. Much of the menu is vegetarian, with a wide range of appetisers, salads, sandwiches, veggie burgers, main courses and desserts featured – signature dishes include a tofu mushroom burger and soy crème brûlée. Minimalist in design, this contemporary café is renowned for its juice bar, serving revitalising pick-me-ups in a glass. 581 Orchard Road, Level 2 Hilton Singapore. Tel: 6737 2233.

**VeganBurg** has created a revolution in the fast food industry since opening its doors in September. Offering a burger, fries and juice combination, the menu reads almost like any other fast food chain's but the buns are made of organic wholemeal grains, raw sugar, natural sea salt and distilled water, while vegetable patties are free from gluten, dairy, genetically modified organisms (GMO), preservatives and trans fats. Try the signature Hawaiian Pineapple burger with a side of seaweed fries or crispy potato spinach pops. 44 Jalan Eunus. Tel: 6844 6868, [www.veganburg.com](http://www.veganburg.com)



With an obsession for healthy cuisine, **The Green Room Café** offers a vegan and gluten-free menu that promises to change the way you view vegetarian cuisine forever. Chef's recommendations include the avocado mustard wrap and *Green Room gado-gado* – an interpretation of the traditional combination of cucumber,

sweet turnip, French beans, tempeh and *tofu* served in a roasted cashew sauce. There's also a wide variety of soups, salads, starters, sandwiches, pizzas, desserts, herbal teas, fruit smoothies and fruit and vegetable juices. 1382 Ang Mo Kio Avenue 1, Bishan Park II. Tel: 6556 1533, [www.greenroomcafe.com.sg](http://www.greenroomcafe.com.sg) Email: [events@asmaralifestyle.com](mailto:events@asmaralifestyle.com)

**Soup Broth Asia** dishes up an interesting selection of homemade Asian-style soups, with a calorie count shown alongside each dish on the menu. Indulge in 12 comforting and hearty broths such as Chicken Daikon Leek Soup, Hainanese Beef and Tripe Hotpot and Lotus Root with Pork Rib Soup. Fresh ingredients are cooked and then combined with flavourful stocks, which have been slow-cooked in

a tilted kettle for at least eight hours. This ensures the stock is as tasty as possible and the nutritional value of the added ingredients is maintained. Each soup comes with a complimentary bowl of steamed long-grain rice and you can also order sides such as cold *tofu* with wolfberries and ginger. 252 North Bridge Road, #B1-62 Raffles City Shopping Centre. Tel: 6338 6909, [www.soupbrothasia.com](http://www.soupbrothasia.com)



## Easy recipes

Get creative in the kitchen and whip up these simple healthy dishes.

### Steamed bok choy

**Ingredients**

- Bok Choy
- 2 garlic cloves
- Oyster sauce
- *Kecap Manis* (sweet Indonesian soy sauce)
- Toasted sesame seeds
- Sesame oil

**Method**

- 1 Steam or blanch bok choy until bright green and tender, yet still crisp.
- 2 Add one tablespoon of sesame oil and two tablespoons of both oyster sauce and *Kecap Manis* to crushed garlic cloves.
- 3 Pour dressing over the vegetables, tossing well to coat. Sprinkle two tablespoons of toasted sesame seeds on top and serve.



Courtesy of Expat Kitchen, 9 Norris Road #02-01. Tel: 6299 4221/4226 [www.expat-kitchen.com](http://www.expat-kitchen.com)

### Coco Paradise smoothie

**Ingredients**

- Generous slice of papaya
- 1 fresh Thai coconut (keep shell for serving)

**Method**

- 1 Cut open the fresh coconut and drain water into a blender.
- 2 Scoop out the coconut flesh, blending it with the papaya and coconut water.
- 3 Serve in a tall glass or the coconut shell, garnishing with tropical flowers.



Courtesy of Onaka Healing Kitchen, 8A Biomedical Grove, #01-17/18 [Immunos@TheBiopolis.com](mailto:Immunos@TheBiopolis.com) Tel: 6464 2007 [www.onakagroup.com](http://www.onakagroup.com) Email: [info@onakagroup.com](mailto:info@onakagroup.com)

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SPECIAL PULL-OUT!