

TRITON

3-IN-1 FOOD PROCESSOR



**35 Recipes to Blend, Chop & Grind
One Set, Endless Possibilities**

A black Strongcore TRITON 3-in-1 Food Processor is shown on a light-colored countertop. The main unit is black with a silver top and a large white circular button. A clear plastic blending jar is attached to the top, and a clear plastic chopper bowl is shown to the left. A clear plastic grinder cup is shown to the right. The background is a light-colored countertop with some greenery and fruit (blueberries and a strawberry) visible.

Welcome

Welcome to the TRITON 3-in-1 Food Processor recipe book!

One motor powers three jars – a 1L blending jar for smoothies, juices and batters; a 500ml chopper bowl for salsas, dips, herbs and mincing; and a 300ml grinder cup for spices, coffee and pastes.

The recipes are organised by jar, then a final set of 3-in-1 dishes that put all three jars to work in a single recipe. Lock the jar onto the base, choose Speed 1, Speed 2 or Pulse, and let TRITON do the work.

Tips: fill the blending jar within a maximum of 1L mark; chop and mince in short pulses for control; grind dry spices in the grinder cup and toast them first for the best flavour; and let cooked food cool slightly before blending.

Happy Blending,
— **The Strongcore Team**



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BLENDING JAR (1L)





FAMILY ORANGE & CARROT JUICE



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
3-4 Glasses /
3-4 Persons



Nutritional Value
Calories 110 kcal
Carbohydrates 26g
Protein 2g
Fats 0g

Ingredients

- 4 Oranges, Peeled and Segmented
- 2 Carrots, Chopped
- 300ml Water
- 1 Tablespoon (21g) Honey

Directions

1. Add the oranges, carrots, water and honey to the 1L blending jar.
2. Lock the jar and blend on Speed 2 for 40-50 seconds until smooth.
3. Strain through a sieve.
4. Pour over ice and serve.

MIXED BERRY & BANANA SMOOTHIE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
3-4 Glasses /
3-4 Persons



Nutritional Value
Calories 170 kcal
Carbohydrates 34g
Protein 5g
Fats 3g



Ingredients

- 250g Mixed Berries (Fresh or Thawed)
- 1 Banana, Sliced
- 500ml Milk
- 2 Tablespoons (42g) Honey

Directions

1. Add all the ingredients to the blending jar.
2. Lock the jar and blend on Speed 2 for 30 seconds until smooth.
3. Add a splash more milk if too thick.
4. Pour into glasses and serve.



MANGO YOGHURT SMOOTHIE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
3-4 Glasses /
3-4 Persons



Nutritional Value
Calories 190 kcal
Carbohydrates 38g
Protein 6g
Fats 3g

Ingredients

- 2 Ripe Mangoes, Cubed (About 500g)
- 200g Plain Yoghurt
- 300ml Milk
- 1 Tablespoon (21g) Honey

Directions

1. Add all the ingredients to the blending jar.
2. Lock the jar and blend on Speed 2 for 30 seconds until creamy.
3. Taste and adjust sweetness.
4. Pour into glasses and serve chilled.

ROCKMELON & MINT COOLER



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
3-4 Glasses /
3-4 Persons



Nutritional Value
Calories 90 kcal
Carbohydrates 22g
Protein 2g
Fats 0g

Ingredients

- 500g Rockmelon Cubes
- 6 Mint Leaves
- Juice of 1 Lime
- 200ml Cold Water

Directions

1. Add all the ingredients to the blending jar.
2. Lock the jar and blend on Speed 2 for 20-30 seconds.
3. Strain if you prefer it smooth.
4. Pour over ice and garnish with mint.

APPLE, BEETROOT & GINGER JUICE



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
3-4 Glasses /
3-4 Persons



Nutritional Value
Calories 120 kcal
Carbohydrates 28g
Protein 2g
Fats 0g

Ingredients

- 2 Apples, Cored and Chopped
- 1 Beetroot, Peeled and Chopped
- 1 cm Fresh Ginger
- 350ml Water
- Juice of 1/2 Lemon

Directions

1. Add everything to the blending jar (chop the beetroot small).
2. Lock the jar and blend on Speed 2 for 50-60 seconds until broken down.
3. Strain through a sieve.
4. Pour over ice and serve.

SAVOURY TOMATO & CELERY JUICE



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
3-4 Glasses /
3-4 Persons



Nutritional Value
Calories 60 kcal
Carbohydrates 12g
Protein 2g
Fats 0g



Ingredients

- 500g Ripe Tomatoes, Quartered
- 2 Stalks Celery, Chopped
- 1/2 Cucumber, Chopped
- Juice of 1/2 Lemon
- Pinch of Salt and Pepper
- Dash of Hot Sauce (Optional)

Directions

1. Add all the ingredients to the blending jar.
2. Lock the jar and blend on Speed 2 for 30-40 seconds until smooth.
3. Strain through a sieve and season.
4. Serve well chilled over ice.

MARINARA PASTA SAUCE



Preparation Time
10 Minutes



Cooking Time
20 Minutes



Servings
About 800ml /
4 Persons



Nutritional Value
Calories 90 kcal
Carbohydrates 12g
Protein 3g
Fats 3g

Ingredients

- 800g Ripe Tomatoes
(or 2 Cans Chopped Tomatoes)
- 1 Onion, Chopped
- 3 Cloves Garlic
- 2 Tablespoons Olive Oil
- 1 Teaspoon Dried Oregano
- Handful Basil
- Pinch of Sugar
- Salt

Directions

1. Blend the tomatoes, onion and garlic in the 1L blending jar until smooth (in batches if needed).
2. Heat the olive oil, pour in the blended mixture and add the oregano and sugar.
3. Simmer 15-20 minutes until thickened.
4. Stir in the basil, season and toss through pasta.



CREAMY TOMATO SOUP



Preparation Time

10 Minutes



Cooking Time

25 Minutes



Servings

4 Persons



Nutritional Value

Calories 140 kcal

Carbohydrates 18g

Protein 4g

Fats 6g

Ingredients

- 800g Ripe Tomatoes, Quartered
- 1 Onion, Chopped
- 2 Cloves Garlic
- 1 Tablespoon Olive Oil
- 400ml Vegetable Stock
- 100ml Cream
- Handful Basil
- Salt and Pepper

Directions

1. Saute the onion and garlic in the oil; add the tomatoes and stock and simmer 20 minutes.
2. Let it cool slightly, then blend in the jar in batches until smooth.
3. Return to the pan and stir in the cream and basil.
4. Season and reheat gently before serving.

BUTTERNUT SQUASH SOUP



Preparation Time
15 Minutes



Cooking Time
30 Minutes



Servings
4 Persons



Nutritional Value
Calories 180 kcal
Carbohydrates 28g
Protein 4g
Fats 6g

Ingredients

- 800g Butternut Squash, Peeled and Cubed
- 1 Onion, Chopped
- 1 Carrot, Chopped
- 2 Cloves Garlic
- 1 Tablespoon Olive Oil
- 600ml Vegetable Stock
- 100ml Coconut Milk
- Salt and Pepper

Directions

1. Sauté the onion, carrot and garlic; add the squash and stock and simmer 25 minutes until tender.
2. Cool slightly, then blend in batches until smooth.
3. Stir in the coconut milk and season.
4. Reheat gently and serve.

CREAMY CHEESE SAUCE



Preparation Time
5 Minutes



Cooking Time
10 Minutes



Servings
About 600ml /
4 Persons



Nutritional Value
Calories 180 kcal
Carbohydrates 8g
Protein 8g
Fats 13g



Ingredients

- 400ml Milk
- 30g Butter, Softened
- 30g Plain Flour
- 100g Cheddar, Grated
- 1/2 Teaspoon Mustard
- Salt and Pepper

Directions

1. Blend the milk, butter and flour in the blending jar for 20 seconds until smooth.
2. Pour into a pan and whisk over medium heat until thickened.
3. Stir in the cheese and mustard until melted and smooth.
4. Season and pour over pasta or vegetables.

CLASSIC PANCAKE BATTER



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
About 12 pancakes /
4 Persons



Nutritional Value
Calories 150 kcal
Carbohydrates 24g
Protein 5g
Fats 4g

Ingredients

- 200g Plain Flour
- 2 Tablespoons Sugar
- 2 Teaspoons Baking Powder
- Pinch of Salt
- 2 Eggs
- 350ml Milk
- 2 Tablespoons Melted Butter

Directions

1. Add all the ingredients to the blending jar.
2. Blend on Speed 1 for 15-20 seconds until just smooth.
3. Rest the batter for 5 minutes.
4. Cook on a greased pan until bubbles form, then flip and cook through.

HOMEMADE MAYONNAISE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
About 300ml



Nutritional Value
Calories 90 kcal
Carbohydrates 0g
Protein 0g
Fats 10g

Ingredients

- 1 Egg
- 1 Teaspoon Mustard
- 1 Tablespoon Lemon Juice or Vinegar
- Pinch of Salt
- 250ml Neutral Oil

Directions

1. Add the egg, mustard, lemon juice and salt to the blending jar.
2. Blend on Speed 1 for a few seconds to combine.
3. With the motor running, drizzle in the oil very slowly until thick and creamy.
4. Use straight away or refrigerate.

CHOPPER BOWL (500ML)





FRESH TOMATO SALSA



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
About 400g /
4 Persons



Nutritional Value
Calories 25 kcal
Carbohydrates 5g
Protein 1g
Fats 0g

Ingredients

- 3 Ripe Tomatoes, Quartered
- 1/2 Onion, Chopped
- 1 Clove Garlic
- 1 Chili (Optional)
- Handful Fresh Coriander
- Juice of 1 Lime
- Salt

Directions

1. Add the onion, garlic, chili and coriander to the 500ml chopper bowl and pulse to chop.
2. Add the tomatoes and lime juice.
3. Pulse briefly for a chunky salsa (do not over-process).
4. Season with salt and serve.

CREAMY GUACAMOLE



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
About 400g /
4 Persons



Nutritional Value
Calories 140 kcal
Carbohydrates 8g
Protein 2g
Fats 12g

Ingredients

- 2 Ripe Avocados, Peeled and Pitted
- 1/2 Onion, Chopped
- 1 Tomato, Chopped
- Juice of 1 Lime
- Handful Fresh Coriander
- 1/2 Chili (Optional)
- Salt

Directions

1. Pulse the onion, coriander and chili in the chopper bowl to chop.
2. Add the avocado, tomato and lime juice.
3. Pulse in short bursts for a chunky-creamy texture.
4. Season with salt and serve with chips.

CHIMICHURRI



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
About 250ml



Nutritional Value
Calories 120 kcal
Carbohydrates 2g
Protein 1g
Fats 13g

Ingredients

- Large Bunch Flat-Leaf Parsley
- 3 Cloves Garlic
- 1 Red Chili
- 1 Teaspoon Dried Oregano
- 3 Tablespoons Red Wine Vinegar
- 120ml Olive Oil
- Salt

Directions

1. Add the parsley, garlic and chili to the chopper bowl and pulse to chop.
2. Tip into a bowl.
3. Stir in the oregano, vinegar and olive oil.
4. Season with salt and spoon over grilled meats.

MINCED CHICKEN



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
About 400g



Nutritional Value
Calories 140 kcal
Carbohydrates 0g
Protein 26g
Fats 4g



Ingredients

- 400g Skinless Chicken Breast or Thigh, Cubed and Chilled

Directions

1. Cut the chilled chicken into 2cm cubes.
2. Add to the chopper bowl, working in two batches so it minces evenly.
3. Pulse in short bursts to your desired mince.
4. Use for patties, meatballs, dumplings or fillings.



HERB & GARLIC BUTTER



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
About 150g



Nutritional Value
Calories 100 kcal
Carbohydrates 0g
Protein 0g
Fats 11g

Ingredients

- 125g Butter, Softened
- 6 Cloves Garlic
- Handful Fresh Parsley
- Pinch of Salt

Directions

1. Add the garlic and parsley to the chopper bowl and pulse to chop.
2. Add the softened butter and salt.
3. Pulse until well combined.
4. Roll in baking paper, chill, and slice as needed.

FRESH BREADCRUMBS



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
About 150g



Nutritional Value
Calories 70 kcal
Carbohydrates 13g
Protein 2g
Fats 1g

Ingredients

- 3-4 Slices Day-Old Bread, Torn Into Pieces

Directions

1. Add the torn bread to the chopper bowl.
2. Pulse in short bursts to crumbs of the size you want.
3. Use fresh, or toast in a dry pan for golden crumbs.
4. Store any extra in the freezer.

MINT & CORIANDER CHUTNEY

**Preparation Time**

10 Minutes

**Cooking Time**

1 Minute

**Servings**

About 250g

**Nutritional Value**

Calories 30 kcal
Carbohydrates 4g
Protein 1g
Fats 1g



Ingredients

- 1 Cup Mint Leaves
- 2 Cups Coriander
- 1 Green Chili
- 1 cm Ginger
- 1 Clove Garlic
- Juice of 1 Lime
- 1/2 Teaspoon Sugar
- 3-4 Tablespoons Water
- Salt

Directions

1. Add all the ingredients to the chopper bowl.
2. Pulse to a smooth chutney, adding water as needed.
3. Season to taste.
4. Serve with snacks, grills or sandwiches.

THAI CHILI-GARLIC DIP - NAM JIM



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
About 200ml



Nutritional Value
Calories 30 kcal
Carbohydrates 6g
Protein 1g
Fats 0g

Ingredients

- 4 Cloves Garlic
- 3 Red And Green Chilies
- Handful Fresh Coriander
- 2 Tablespoons Fish Sauce
- 2 Tablespoons Lime Juice
- 1 Tablespoon Sugar

Directions

1. Add the garlic, chilies and coriander to the chopper bowl and pulse to chop.
2. Tip into a bowl.
3. Stir in the fish sauce, lime juice and sugar.
4. Serve with grilled seafood, chicken or vegetables.

SAMBAL BELACAN



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
About 200g



Nutritional Value
Calories 40 kcal
Carbohydrates 6g
Protein 2g
Fats 1g

Ingredients

- 8 Fresh Red Chilies
- 4 Bird's Eye Chilies (Optional)
- 1 Tablespoon Toasted Belacan (Shrimp Paste)
- 1 Teaspoon Sugar
- Juice of 1 Lime or Calamansi
- Salt

Directions

1. Add the chilies and toasted belacan to the chopper bowl.
2. Pulse to a coarse paste.
3. Add the sugar, lime juice and salt; pulse to combine.
4. Serve fresh as a condiment.

GRINDER CUP (300ML)



HOMEMADE CURRY POWDER



Preparation Time
5 Minutes



Cooking Time
5 Minutes



Servings
About 80g



Nutritional Value
Calories 20 kcal
Carbohydrates 3g
Protein 1g
Fats 1g

Ingredients

- 3 Tablespoons Coriander Seeds
- 1 Tablespoon Cumin Seeds
- 1 Tablespoon Fennel Seeds
- 1 Teaspoon Black Peppercorns
- 4 Dried Chilies
- 1 Teaspoon Turmeric Powder

Directions

1. Toast the whole spices and chilies in a dry pan until fragrant; let cool.
2. Add to the 300ml grinder cup with the turmeric.
3. Grind in short bursts to a fine powder.
4. Store in an airtight jar.



GARAM MASALA



Preparation Time
5 Minutes



Cooking Time
5 Minutes



Servings
About 60g



Nutritional Value
Calories 20 kcal
Carbohydrates 3g
Protein 1g
Fats 11g

Ingredients

- 2 Tablespoons Coriander Seeds
- 1 Tablespoon Cumin Seeds
- 1 Tablespoon Black Peppercorns
- 6 Cloves
- 4 Green Cardamom Pods
- 1 Cinnamon Stick
- 2 Bay Leaves

Directions

1. Toast all the spices in a dry pan until fragrant; let cool.
2. Add to the grinder cup.
3. Grind in short bursts to a fine powder.
4. Store in an airtight jar.

CHINESE FIVE-SPICE POWDER



Preparation Time
5 Minutes



Cooking Time
5 Minutes



Servings
About 60g



Nutritional Value
Calories 20 kcal
Carbohydrates 3g
Protein 1g
Fats 1g

Ingredients

- 2 Star Anise
- 1 Tablespoon Fennel Seeds
- 1 Teaspoon Cloves
- 1 Cinnamon Stick
- 1 Tablespoon Sichuan Peppercorns

Directions

1. Toast the spices briefly in a dry pan; let cool.
2. Add to the grinder cup.
3. Grind in short bursts to a fine powder.
4. Store in an airtight jar.

TOASTED SESAME GOMASHIO



Preparation Time
5 Minutes



Cooking Time
5 Minutes



Servings
About 90g



Nutritional Value
Calories 60 kcal
Carbohydrates 2g
Protein 2g
Fats 5g



Ingredients

- 100g White Sesame Seeds
- 1 Teaspoon Sea Salt

Directions

1. Toast the sesame seeds in a dry pan until golden; let cool.
2. Add to the grinder cup with the salt.
3. Pulse in short bursts to a coarse powder (do not over-grind into a paste).
4. Store airtight; sprinkle over rice, salads or noodles.



FRESH COFFEE GRIND



Preparation Time
2 Minutes



Cooking Time
1 Minute



Servings
Enough for 2-3 cups



Nutritional Value
Calories 0 kcal
Carbohydrates 0g
Protein 0g
Fats 0g

Ingredients

- 30g Roasted Coffee Beans

Directions

1. Add the coffee beans to the 300ml grinder cup.
2. Pulse in short bursts for an even grind.
3. Stop at the coarseness your brew method needs (coarser for French press, finer for espresso).
4. Brew immediately for the freshest flavour.

ROASTED CHILI FLAKES



Preparation Time
5 Minutes



Cooking Time
5 Minutes



Servings
About 50g



Nutritional Value
Calories 20 kcal
Carbohydrates 4g
Protein 1g
Fats 1g

Ingredients

- 20g Dried Red Chilies
- 1 Teaspoon Salt (Optional)

Directions

1. Toast the dried chilies briefly in a dry pan until fragrant; let cool.
2. Add to the grinder cup with the salt.
3. Pulse to coarse flakes (not a fine powder).
4. Store in an airtight jar.





GINGER-GARLIC PASTE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
About 150g



Nutritional Value
Calories 30 kcal
Carbohydrates 6g
Protein 1g
Fats 1g

Ingredients

- 75g Fresh Ginger, Peeled And Chopped
- 75g Garlic Cloves
- 1 Teaspoon Neutral Oil
- Pinch of Salt

Directions

1. Add the ginger, garlic, oil and salt to the grinder cup.
2. Grind in short bursts to a smooth paste, scraping down as needed.
3. Use straight away in curries and stir-fries.
4. Store in the fridge for up to a week, or freeze in portions.

CRACKED PEPPERCORN BLEND



Preparation Time
2 Minutes



Cooking Time
1 Minute



Servings
About 60g



Nutritional Value
Calories 20 kcal
Carbohydrates 4g
Protein 1g
Fats 0g

Ingredients

- 3 Tablespoons Black Peppercorns
- 1 Tablespoon White Peppercorns
- 1 Teaspoon Coriander Seeds

Directions

1. Add the peppercorns and coriander seeds to the grinder cup.
2. Pulse briefly to a coarse crack (do not over-grind).
3. Tip into a jar.
4. Use as a seasoning rub or table pepper.

3-IN-1 RECIPES (ALL THREE JARS)



THAI GREEN CURRY



Preparation Time
20 Minutes



Cooking Time
20 Minutes



Servings
4 Persons



Nutritional Value
Calories 380 kcal
Carbohydrates 14g
Protein 28g
Fats 24g



Ingredients

- 1 Teaspoon Cumin Seeds &
- 1 Teaspoon Coriander Seeds
- 8 Green Chilies
- 3 Stalks Lemongrass, White Part
- 3 cm Galangal
- 4 Shallots
- 4 Cloves Garlic
- Handful Coriander Roots
- 1 Teaspoon Shrimp Paste
- 500g Chicken, Sliced
- 400ml Coconut Milk
- Thai Basil, Fish Sauce & Sugar, To Finish

Directions

1. **GRINDER CUP:** Grind the cumin and coriander seeds to a powder.
2. **CHOPPER BOWL:** Add the chilies, lemongrass, galangal, shallots, garlic, coriander roots, shrimp paste and ground spices; pulse to a green curry paste.
3. **BLENDING JAR:** Blend the paste with 100ml of the coconut milk until smooth.
4. Fry the paste, add the chicken and remaining coconut milk, simmer 15 minutes, then finish with basil, fish sauce and sugar.



CHICKEN RENDANG



Preparation Time

20 Minutes



Cooking Time

60 Minutes



Servings

4-5 Persons



Nutritional Value

Calories 420 kcal

Carbohydrates 16g

Protein 30g

Fats 26g

Ingredients

- 1 Tablespoon Coriander Seeds
- 4 Tablespoons Grated Coconut (For Kerisik)
- 10 Dried Chilies, Soaked
- 6 Shallots
- 4 Cloves Garlic
- 3 cm Galangal
- 3 cm Ginger
- 3 Stalks Lemongrass
- 1 Teaspoon Turmeric
- 800g Chicken
- 400ml Coconut Milk
- Tamarind, Kaffir Lime Leaves,
- Sugar & Salt

Directions

1. GRINDER CUP: Grind the coriander seeds; separately toast and grind the grated coconut to a kerisik.
2. CHOPPER BOWL: Pulse the chilies, shallots, garlic, galangal, ginger, lemongrass and turmeric to a paste.
3. BLENDING JAR: Blend the paste with a little coconut milk until smooth.
4. Fry the paste, add the chicken, coconut milk, kerisik, tamarind and lime leaves; simmer 45-60 minutes until dark and dry; season.

LAKSA LEMAK

**Preparation Time**

20 Minutes

**Cooking Time**

30 Minutes

**Servings**

4 Persons

**Nutritional Value**

Calories 480 kcal
Carbohydrates 45g
Protein 22g
Fats 26g



Ingredients

- 1 Tablespoon Coriander Seeds &
- 8 Candlenuts
- 8 Dried Chilies, Soaked
- 6 Shallots
- 4 Cloves Garlic
- 3 Stalks Lemongrass
- 3 cm Galangal
- 1 Teaspoon Turmeric
- 1 Tablespoon Belacan
- 600ml Coconut Milk + 400ml Stock
- Laksa Noodles, Prawns, Tofu Puffs, Beansprouts & Laksa Leaf

Directions

1. GRINDER CUP: Grind the coriander seeds and candlenuts.
2. CHOPPER BOWL: Pulse the chilies, shallots, garlic, lemongrass, galangal, turmeric and belacan to a rempah paste.
3. BLENDING JAR: Blend the paste with some coconut milk until smooth.
4. Fry the paste, add the stock and coconut milk and simmer; serve over noodles with prawns, tofu puffs, beansprouts and laksa leaf.

HAINANESE CHICKEN RICE CHILI & GINGER SET



Preparation Time
15 Minutes



Cooking Time
1 Minute



Servings
4 Persons



Nutritional Value
Calories 60 kcal
Carbohydrates 8g
Protein 2g
Fats 2g

Ingredients

Ginger Sauce:

- 50g Ginger
- 2 Cloves Garlic
- 3 Tablespoons Hot Oil
- Salt

Chili Sauce:

- 6 Red Chilies
- 3 Cloves Garlic
- 2 cm Ginger
- Juice of 2 Limes
- 2 Tablespoons Chicken Stock
- 1 Teaspoon Sugar, Salt

Directions

1. GRINDER CUP: Grind the ginger and garlic for the ginger sauce to a paste, then stir in hot oil and salt.
2. CHOPPER BOWL: Pulse the spring onion for garnish, then chop the chilies, garlic and ginger for the chili sauce.
3. BLENDING JAR: Blend the chili-sauce ingredients with the lime juice, stock, sugar and salt until smooth.
4. Serve both sauces alongside your chicken rice.

SPAGHETTI BOLOGNESE



Preparation Time
15 Minutes



Cooking Time
40 Minutes



Servings
4 Persons



Nutritional Value
Calories 520 kcal
Carbohydrates 60g
Protein 28g
Fats 18g

Ingredients

- 1 Teaspoon Mixed Peppercorns
- 400g Beef Chuck, Cubed and Chilled
- 1 Onion
- 2 Carrots
- 2 Cloves Garlic
- 800g Ripe Tomatoes
- 2 Tablespoons Tomato Paste
- Dried Herbs, Salt
- Spaghetti to Serve

Directions

1. GRINDER CUP: Grind the peppercorns.
2. CHOPPER BOWL: Mince the beef in two batches, then chop the onion, carrots and garlic.
3. BLENDING JAR: Blend the tomatoes until smooth (in batches if needed).
4. Brown the beef and vegetables, add the blended tomatoes, paste and herbs, simmer 30 minutes, season and toss with spaghetti.

BEEF MEATBALLS IN TOMATO SAUCE



Preparation Time

20 Minutes



Cooking Time

25 Minutes



Servings

4 Persons



Nutritional Value

Calories 420 kcal
Carbohydrates 18g
Protein 30g
Fats 24g

Ingredients

- 1 Teaspoon Mixed Peppercorns
- 500g Beef Chuck, Cubed and Chilled
- 1/2 Onion
- 1 Egg And 3 Tablespoons Breadcrumbs (To Bind)
- 800g Ripe Tomatoes
- 2 Cloves Garlic
- 1 Teaspoon Dried Oregano
- Salt
- Spaghetti or Crusty Bread, To Serve

Directions

1. GRINDER CUP: Grind the peppercorns.
2. CHOPPER BOWL: Mince the beef in two batches with the onion and pepper, then mix with the egg and breadcrumbs and roll into meatballs.
3. BLENDING JAR: Blend the tomatoes and garlic into a smooth sauce
4. Brown the meatballs, pour over the blended tomato sauce with the oregano, simmer 20 minutes, season and serve with spaghetti or bread.



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