



Ili's Recipes
for Mission Foods



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Introduction to Ili Sulaiman

Ili Sulaiman is a Malaysian with a big heart who loves to share her passion for food with others. With Malay, Chinese, English and Sri Lankan roots, Ili grew up being exposed to the wonders of her heritage through food and travel.

She founded Dish by Ili, a service that delivers meals in her signature tiffin carriers which promises delightful home-cooked food delivered straight to the homes of Malaysian families. She also co-founded Agak Agak, a restaurant with a mission to mentor and train underprivileged youngsters in the food business through a one-year apprenticeship programme. Just a couple of years ago, Ili landed her first cooking show in Malaysia in 2015.

With a burst of new found followers and her desire to share her cooking knowledge she has acquired over the years, she submitted her video to an online Asia-wide talent search for a cooking competition and was chosen as one of the two winners. Since then, she has been busy travelling around Singapore, Thailand, Vietnam and Indonesia to shoot for multiple TV and online shows.

She recently hosted a celebrity chef from Canada, Roger Mooking (Man, Fire, Food) and Chef Anna Olson (Bake with Anna Olson). She now has two of her very own cooking shows.

Introduction

Growing up, mum always encouraged me to be with her in the kitchen. Looking back it was possibly the most meaningful time I had with her, cooking meals for my family and really learning about our family values. When doing our market runs at the wet market, I would be fascinated by the stories my mum, grandmothers and aunts would tell about the type of food they ate growing up. These stories continue to inspire my cooking in so many ways and with such real emotional depth.

When I was in primary school, I used to sit with three other kids and like me, they would bring their lunches in tiffins and together, we would share our meals. It was really more than the food, it was the social act of sharing and understanding each other.

Cooking and sharing my passion for food with people has always been a part of who I am and I'm thrilled to be able to share these recipes that I have created with Mission Foods' products. I love how the products such as Wraps and Tortilla Chips are versatile which allowed me to be creative and adventurous with Malaysian flavours when developing the recipes for this booklet.

In this recipe booklet, you will find some of my Malaysian favorites created with a twist using Mission Foods' products that are delicious and easy to use. One of my favourite recipes is the Fancy Spicy Cornbeef Hash Breakfast Cups which are absolutely tasty and personally, I prefer my quail egg runny! Also, check out my take on the Babaganush Dip that goes really well with Mission's Multigrain Chips.



Most of the recipes in this booklet are about entertaining on the go and making it fun to share these meals in tiffin carriers with your loved ones over a weekend picnic at the park or the beach. The recipes in this booklet are inspired by the people in my life and I hope it inspires you in the kitchen too.

Crispy Apam Balik

A perfect afternoon tea snack. To make this even fancier, you can substitute the ground peanuts with almonds, cashew nuts or pistachios.

Serves: 4

Ingredients

4 Mission Wholegrain Wraps	1 tsp Salt
4 tbsp Condensed milk	4 tbsp Cream of corn
½ cup Peanuts, roasted and crushed	4 tbsp Butter

Steps

1. In a bowl, mix crushed toasted peanuts with salt.
2. In a non-stick pan, melt ½ tsp of butter on low to medium heat and toast one Mission Wholegrain Wrap.
3. While toasting, spread 1 tbsp condensed milk onto wrap, and 1 tbsp cream of corn and sprinkle some peanuts. Fold wrap in half, twice, to make a triangle.
4. Repeat the process for the rest of the 3 wraps. Serve hot.



Garlic Sticks with Cheese Dipping Sauce

A great party snack I make when I have friends over. If you have an oven, you can opt to place sticks that have been brushed with garlic butter in the oven at 170°C for 8 - 10 minutes until golden brown.

Serves: 4

Ingredients

2 Mission Wholemeal Pita	1 tbsp Flour
2 cloves Garlic, chopped finely	200ml Milk
A handful of Parsley, chopped finely	1 cup Cheddar cheese
5 tbsp Butter, softened	¼ tsp Salt
½ tsp Salt	½ tsp Black pepper
½ tsp Black pepper	

Steps

1. In a small pot, add 2 tbsp butter and the flour and mix well. Add in the milk and heat the ingredients until the mixture is smooth and thick. Season with salt and pepper and add in cheese. Turn off fire and fold mixture. Set aside cheesy dip.
2. In a bowl, mix remaining butter, garlic, parsley, salt and pepper.
3. Cut Mission Wholemeal Pita into 1 cm wide sticks and brush garlic butter on each side then place them in a hot non-stick pan to brown on each side.
4. Remove and brush on more of the garlic butter once sticks are brown.
5. Serve garlic sticks with the cheesy dip.



Babaganush Dip with Multigrain Chips

You can also pop the aubergines in the oven at 200°C for about 15 minutes until they become soft and tender. Note that the flavour won't be smoky so it's best to cook the aubergines on an open fire.

Serves: 4

Ingredients

- 1 bag of Mission Multigrain Tortilla Chips (170g)
- 3 large Aubergines, sliced in half horizontally
- ½ cup Olive oil
- 2 cloves Garlic, peeled
- 1 Chili padi
- 1 tsp Salt
- ½ tsp Sugar
- A handful of Mint leaves
- Juice of ½ Lemon
- A few pinch of Sesame seeds for garnishing
- Some chopped Mint leaves for garnishing
- A drizzle of Olive oil

Steps

1. Place the aubergine on a grill pan on a medium heat for 10 - 15 minutes with skin facing downwards, cook until skin blackens and aubergine is soft and tender.
2. Remove aubergines and place in a heat resistant bowl. Cover with cling film and let it steam and cool so it will be easier to remove blackened skin.
3. Once the skin of the aubergine is removed, chop it up and place it all in a food processor along with olive oil, garlic, chili padi, salt, sugar, mint and lemon juice, and blend into a paste.
4. To serve, place dip in a tiffin bowl, garnish with sesame seed, some mint leaves and olive oil. Serve babaganush dip with Mission Multigrain Tortilla Chips





Spicy Aioli Chicken Pizza

For this recipe, you can opt to use any cooked meat of your choice. Today I am using shredded roast Chicken but you can use canned tuna, chicken slices, some bacon or leftover meats, roast lamb, squid rings, prawns, clams etc.

Serves: 4

Ingredients

2 Mission Wholemeal Pizza Crusts
6 tbsp Olive oil
2 Chili padi, sliced thinly
3 cloves Garlic, chopped finely
12 tbsp Greek yoghurt
½ tsp Black pepper
1 tsp Salt
½ tsp Sugar
150 gm Roast Chicken, diced or shredded
8 Cherry tomatoes, sliced
1 cup Broccoli, cut into small florets
½ cup Cheddar cheese, grated
½ cup Mozzarella cheese, grated

Steps

1. In a pan, heat olive oil then turn fire off. Add in chopped chili padi, ½ tsp of salt and a third portion of garlic into hot oil. Give it a quick mix then remove from heat and set aside.
2. In a bowl, mix together remaining garlic, yoghurt, black pepper, remaining salt and sugar. Set aside.
3. Spread a few dollops of yoghurt mixture and spread evenly on both Mission Wholegrain Pizza Crusts.
4. Top the pizza crust with half of sliced chicken, half the tomatoes and a half cup broccoli. Do the same for the second pizza crust.
5. Pour the garlic and chili oil all over the toppings and sprinkle the cheeses on both pizzas.
6. Pre heat oven at 210°C and place pizza in the oven for 10 minutes.
7. Serve pizza with any additional yoghurt dipping sauce if you have some extra.

Crispy Fish Fingers

Perfect alternative for those who are allergic to gluten!

Serves: 4

Ingredients

120 gm Mission Corn & Rice Tortilla Chips
400 gm Fish cut into 2cm fillets (Salmon, Seabass, Tilapia, Dory etc.)
½ tsp Garlic powder
½ tsp Ginger powder
1 tsp Chili flakes
1 Egg
1 tbsp Vinegar
1 tsp Salt
½ tsp Black pepper
1 tbsp Corn flour
1 cup Vegetable oil for frying
2 Limes, quartered
50 ml Water

Steps

1. In a food processor, blend chips, garlic powder, ginger powder and chili flakes until coarse then place in a bowl.
2. Whisk an egg with some water and set aside.
3. In another bowl, mix the vinegar, salt and pepper. Dip the fish fillets into the mixture and place on a plate. Sprinkle corn flour over marinated fish fillets and coat evenly. Set aside.
4. In a pan, heat the oil on medium heat.
5. Take one fish fillet, place it in the egg wash and then into the chips mixture. Place down the coated fish fillet gently into the hot oil. Fry on each side for 1 - 2 minutes until crispy and golden brown. Remove from pan onto kitchen towel to drain excess oil.
6. To serve, place fish into tiffin bowls and serve with lime wedges.



Sushi Pizza

Pizzas don't always have to be smothered in cheese and sauce. This is the perfect fresh new take on a classic pizza.

Serves: 4

Ingredients

- 1 Mission Plain Pizza Crust
- 100 gm Sushi Grade Salmon, cut into thin slices or small cubes
- 2 tbsp Light soy sauce
- 1 tsp Sesame oil
- 4 tbsp Japanese mayonnaise
- 1 tbsp Wasabi paste
- ½ tsp Salt
- ½ tsp Black pepper
- ½ Cucumber, finely shredded
- 4 Crab sticks, finely shredded
- 1 Avocado, destoned and cut into thin slices
- ½ cup Edamame beans
- 2 tbsp Fish roe (tobiko)
- 1 Seaweed sheet, sliced thinly
- 1 tbsp Sesame seeds, toasted

Steps

1. Pre-heat oven to 200°C and place Mission Plain Pizza Crust to bake on its own for 6 - 8 minutes until brown. Set aside to cool.
2. In a bowl, mix together mayonnaise and wasabi with a pinch of salt and black pepper. Set aside.
3. In another bowl, add in salmon, sesame oil and soy sauce. Fold mixture and set aside.
4. Spread the mayonnaise and wasabi mixture on the warm Pizza Crust.
5. Top the Pizza Crust with cucumber, crab sticks, sliced avocado, edamame, marinated salmon and tobiko in the middle of the pizza.
6. Sprinkle sesame seeds and crunchy seaweed all over the Pizza.



Chicken Hoisin Rolls

The best way to tell if your chicken is cooked is to poke it with the sharp end of your knife into the fleshiest part of the chicken and if the juices run clear, that means it's cooked but if it's bloody, place it back into the oven and cook for a little longer.

Serves: 4

Ingredients

- | | |
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| 4 Mission Onion & Chives Wraps | 1 tbsp Sugar |
| 2 whole Chicken legs | ½ tsp Salt |
| 1 clove Garlic, crushed and chopped finely | 3 tbsp Hoisin sauce |
| 1 tsp Chinese Five - Spice powder | 2 Spring onions, sliced thinly |
| 1 tbsp Light soy sauce | 1 Cucumber, cut into thin strips |

Method

1. In a bowl, marinate chicken legs with garlic, Five - Spice powder, light soy sauce, sugar and salt for at least 30 minutes.
2. Preheat oven at 200°C for 10 minutes. Once oven is hot, reduce heat to 170°C and place chicken on a baking tray. Cook for approximately 20 to 30 minutes until skin on chicken is brown and crispy, while the flesh is cooked through. Don't forget to baste the chicken every 10 minutes with its juices.
3. Remove and shred chicken into pieces. Set aside.
4. Depending on the size of your tiffin, cut Mission Onion & Chives Wraps to fit the tiffin bowls.
5. In a 3 - tier tiffin, place wraps in one layer, shredded chicken in another and finally the spring onions, cucumber and hoisin sauce in the last layer.
6. To prepare Chicken Hoisin Rolls, place a wrap down, spread a thin layer of hoisin sauce, sprinkle shredded spring onions and cucumber strips and finally, top with shredded chicken. Roll up and enjoy!

Chicken Satay with peanut butter sauce

I find the chicken thigh to be the most delicious meat for grilling. The ratio of meat to fat and skin is the perfect balance you need for the meat to stay juicy and succulent.

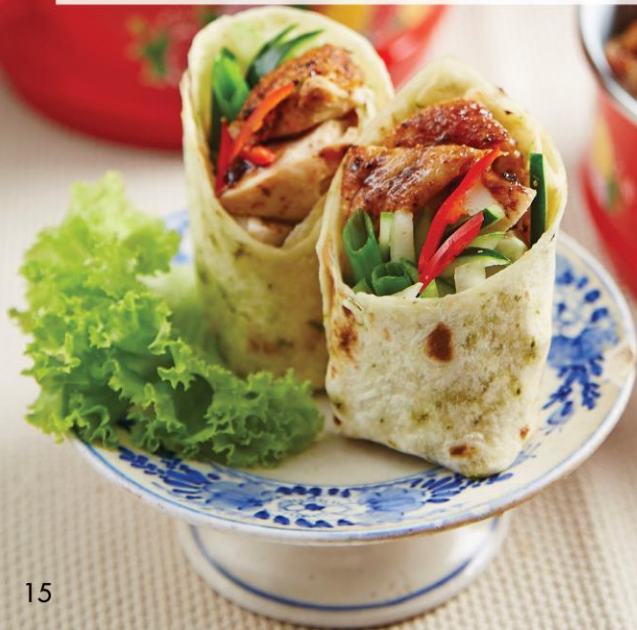
Serves: 4

Ingredients

- | | |
|--|--|
| 2 Mission Plain Naan | 1 tbsp Sweet soy sauce |
| 3 whole Chicken Legs, deboned and cut into 2cm chunks with skin on | ¼ cup Chunky peanut butter |
| 1 stick Lemongrass | ¼ cup Hot water |
| ½ tsp Turmeric powder | 1 Shallot, chopped finely |
| ½ cm Ginger | 1 tbsp Soy sauce |
| 2 Shallots, roughly chopped | ½ tsp Sugar |
| 2 Garlic cloves | A drizzle of Chilli Oil (optional) |
| ½ tsp Cumin powder | 2 tbsp Butter |
| 1 tbsp Sugar | ½ Cucumber, sliced thinly |
| 1 tsp Salt | 2 Red onion, cut into wedges |
| 2 Chilli padi | Sliced Chillies and coriander for garnishing |

Steps

1. In a food processor, blend together, lemongrass, turmeric powder, ginger, shallots, garlic, cumin, sugar, salt, chilli padi and sweet soy sauce until smooth. Marinate the chicken chunks for at least 2 hours.
2. In a bowl, mix together chunky peanut butter, hot water, shallots, soy sauce and sugar until it becomes a runny sauce and set aside. If you prefer a spicier peanut sauce, drizzle on some chilli oil.
3. Once chicken is marinated, grill chicken chunks for approximately 4 to 5 minutes on each side until brown and cooked through. Set aside. Don't worry about the black bits, they are the best for flavour!
4. Toast Mission Plain Naan on a non-stick pan for approximately 1 to 2 minutes on each side. Once brown, brush with butter.
5. Serve the buttery naan with a side of the peanut sauce, cucumber and onion, with a generous amount of the satay. Garnish with some sliced chili and fresh coriander.



Cheesecake Quesadillas with Berry Compote

You can make large batches of the berry compote and store for later use. The trick is to remove the compote when hot and place into glass jars that are clean and air tight. Store in a cool cupboard for up to 3 months. Perfect for spreading on toast or eating with pancakes.

Serves: 4

Ingredients

4 Mission Original Wraps
1 cup Cream cheese, room temperature
3 tbsp Granulated sugar
¼ tsp Vanilla extract
2 cups Mixed berries (Strawberries, blueberries, raspberries or just one type of berry or a mixture)
½ cup Sugar
Juice of half a lemon
1 tbsp Butter
1 tbsp Sugar (to sprinkle on)

Steps

1. In a food processor, blend together cream cheese, granulated sugar and vanilla extract until smooth. Place mixture into a piping bag or a bowl and keep cool in the refrigerator.
2. In a small pot, add in berries and ½ cup sugar and cook on medium to low heat while tossing gently until berries are warm and juices begin to be released. Mix in the juice of half a lemon before turning off the heat and leaving it to cool.
3. Spread 3 tbsp of cream cheese filling or pipe it onto one Mission Original Wrap. Place another wrap on top.
4. In a large non-stick pan, melt some butter and spread it around the pan. Place the cream cheese wrap into the pan while spreading some butter on top of the other wrap. Flip when the wrap on the underside becomes brown and crispy. Do the same for the remaining wraps.
5. Remove from pan and sprinkle with sugar.
6. Cut into quarters and serve with berry compote.





Nasi Lemak Wrap

A classic nasi lemak wrapped in wraps as opposed to banana leaf. A new take on a traditional Malaysian breakfast!

Serves: 2

Ingredients

4 Mission Wholegrain Wraps	6 Shallots, diced
1 cup Rice, rinsed and drained	2 cloves of Garlic, sliced
1½ cups Water	2 tbsp Asam jawa pulp
1 cup Coconut milk	2 tbsp Sugar
½ cm Ginger, sliced	1 tsp Salt
½ tsp Salt	6 tbsp Vegetable oil
4 Eggs	½ cup Water
1 tbsp Vegetable oil	100gm Ikan bilis, fried
Salt and pepper to taste	½ cup Peanuts, fried
16 Dried chilies, deseeded and soaked in hot water	1 small Cucumber, cut into strips

Steps

1. In a rice cooker, add the rice, coconut milk, water, sliced ginger, salt and allow to cook.
2. In a food processor, add dried chilies with some water and blend to a smooth paste.
3. Add 6 tablespoons vegetable oil into a pan and fry shallots until golden brown before adding garlic and chili paste. Continue frying for 5 - 10 minutes.
4. Add asam jawa pulp, salt and sugar and a dash of water. Cook and reduce sambal for approximately 10 to 15 minutes on low heat until paste becomes a dark red.
5. In a bowl, crack 4 eggs and whisk, season with a pinch of salt and black pepper.
6. In another pan, heat some vegetable oil and pour in half the whisked egg mixture and twirl the pan around to create a perfectly round omelette. Repeat step with the remaining half of whisked eggs mixture.
7. To assemble your nasi lemak wrap, place two wraps slightly overlapping each other, place the omelette in the middle of the wraps, spread a generous amount of the sambal ikan bilis on top of the omelette, followed by a generous scoop of coconut rice, then line up a generous strip of ikan bilis, peanuts and cucumber. Fold the corners in and then roll the nasi lemak tightly.
8. Cut the nasi lemak wrap in half and place in tiffins.

Fancy Spicy Cornbeef Hash Breakfast Cups

Did you know that potatoes are natural sponges? They absorb flavours very easily so when you cook a stew that's too salty, add in a whole peeled potato and it will soak it all up.

Serves: 4

Ingredients

8 Mission Garlic Wraps	2 tbsp Tomato sauce
1 tin Corned beef	A pinch of Black pepper
1 large Potato, boiled and roughly chopped into pieces	¼ tsp Salt
2 Chili padi, sliced thinly	¼ tsp Sugar
1 large Onion, chopped	½ cup Cheddar cheese, grated
2 tbsp Vegetable oil	8 Quail eggs
	1 Spring onion, chopped finely

Steps

1. Preheat oven to 170°C.
2. Trace and cut out Mission Garlic Wraps according to the size of your muffin pan.
3. Grease muffin tray with vegetable oil and press in the cut wraps to make into cups. Set aside.
4. In a hot pan, add in vegetable oil and sauté onion and chili padi for 2 minutes before adding in corned beef. Cook corn beef for approximately 1 minute before adding in chopped potato.
5. Add in tomato sauce, season with salt, pepper and sugar into the corn beef mixture. Add in a dash of water to the corn beef hash mixture if it's too dry.
6. Next, add in a tbsp of the corn beef hash mixture into each of the cup. Sprinkle some cheddar cheese and crack one quail egg on top of each before popping them into the oven. Bake for approximately 6 minutes until quail egg cooks through and cheese has melted.
7. Garnish with some spring onions. Serve hot.





Pulled Lamb in Sweet Soy and Spicy Slaw

This is such a special dish and I like to prepare all the ingredients for the lamb and slaw the night before Sunday lunch with the family. On Sunday morning, I wake up, turn on the slow cooker and by lunchtime it's ready. And the best thing about this dish is that you can always have more filling for your wraps. A delicious Malaysian condiment is a bowl of sambal belacan for that extra kick!

Serves: 6

Ingredients

8 Mission 6-Grain Wraps
 1.2 - 1.5 kg Lamb shoulder
 1 cup Sweet soy sauce
 1 cup light soy sauce
 1 ½ tsp Black pepper
 1 ½ tsp Salt
 1 tbsp Sugar
 1 Star anise
 1 Cinnamon stick
 1 cup Purple cabbage, shredded
 1 cup White cabbage, shredded
 1 Carrot, grated
 6 cloves Garlic, sliced thinly
 2 large Red onions, sliced thinly
 2 cm Ginger, sliced thinly
 2 Spring onions, sliced thinly
 2 Red chillies, deseeded and sliced thinly
 2 Green chillies, deseeded and sliced thinly
 4 tsp Greek yoghurt

Steps

1. In a bowl, mix together half cup sweet soy sauce, light soy sauce, 1 tsp black pepper, 1 tsp salt, sugar and sliced garlic.
2. In a slow cooker, spread red onions on the bottom of the pot and place lamb shoulder on top followed by the sweet soy sauce mixture, ginger, star anise and cinnamon stick.
3. Cover slow cooker and cook on medium heat for 4 hours until lamb falls off the bone. Alternatively, cover and bake the lamb in a preheated hot oven at 180°C for 4 hours.
4. Set aside the lamb to cool before flaking the meat off the bone.
5. In a bowl, add in purple and white cabbage, grated carrot, spring onion, chillies, yoghurt and season with remaining tsp salt and black pepper. Keep chilled in the fridge until ready to serve. You can opt to do this just before serving.
6. Heat Mission 6-Grain Wrap as per instructions on pack.
7. Place flaked lamb, a bit of the soy gravy and a spoonful of the slaw on top of a wrap, fold in the bottom and the sides to enclose and enjoy!

Mission Foods Celebrity Chef Series Recipe Books

Mission Foods has been actively creating recipe books since 2013 in a bid to help busy mothers prepare nutritious meals that are easy, healthy and taste good for the whole family.

Our focus for 2017 will be on fostering family bonds using traditional recipes but with a twist – using Mission products.

The first recipe book for 2017 features a collection of recipes from Ili Sulaiman, which are perfect for tiffin carriers. Such familiarity coupled with comfort food, creates a strong combination of warmth and kinship.

Ili Sulaiman is a girl with a varied lineage. She has Malay, Chinese, English and Sri Lankan descent, which has influenced her fusion style of cooking. Food occupies a very special place in her heart, having been drawn to all things culinary from a very young age. She now strives to make lives better through food – whether by cooking for others or by teaching others how to make tasty dishes. She has been actively imparting her unique flavours through various programmes on Asian Food Channel.

With such a strong anchor for our very first recipe book for 2017, our readers' will definitely find our ideas imaginative and informative. We are constantly seeking unique and interesting recipes that are wholesome and quick to make. We hope our consumers will appreciate our efforts and find our books an invaluable aid in their busy lives.



Mission Products

Wrap it up!

Mission's delicious Wraps come in a range of flavours: Original, Wholegrain, Onion & Chives, Potato & Parsley, Garlic and the recently launched 6-Grain. They are soft and flexible when heated, making it easy to fill and roll all your favourite ingredients.



DIY Pizza

What better way to DIY than DIY your own pizza, customised to the exact way you like it! Mission Pizza Crusts allow you to create your pizza with any topping you see fit, you are only limited by your imagination. Try a classic Margarita with tomato sauce and cheese, meatier toppings if you prefer a bit of substance or even dessert pizzas. They're a quick, simple and fun way to involve the whole family.

A Healthier Snacking Alternative

Mission Tortillas Chips are made with 100% real corn and have 30% less oil than regular potato chips. They are great for snacking and also make great appetisers when coupled with dips or topped with fresh ingredients for nachos. The new Multigrain and Corn & Rice provide even more options for those seeking great tasting corn chips that don't weigh too much on the conscience. With the Multigrain being a good source of fibre and the Corn & Rice being a Gluten Free option they are sure to be a crowd pleaser.





Healthy • Fast • Simple