



BENEFITS OF EXERCISE

Exercise sharpens memory!
There are many things you can do for exercise, including yoga, line dancing, swimming, walking, pilates, and taichi. Check with your local community centre on what they offer.

#4 Food for thought: Eat Well Live Well Think Well

Macaroni Goreng Tuna

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Ingredients

Tinned tuna in water (150 g, drained)	1 can
Macaroni (uncooked)	½ cup
Chilli paste	1 Tbsp
Oyster sauce	1 tsp
Canola oil	1 Tbsp
Garlic (minced)	1 clove
Egg (raw)	1
Medium brown onion (minced)	½

(Parsley and cherry tomatoes optional for garnishing)

Nutritional Information (200 g per serving)

Energy	520 kcal
Carbohydrate	50 g
Protein	28 g
Fat	23 g
Saturated Fat	3 g
Cholesterol	108 mg
Dietary Fibre	5 g
Sodium	490 mg

Cooking Method

1. In a large pot of boiling water, cook macaroni and remove from heat before cooked through. Drain and set aside.
2. Heat pan or wok on medium high heat, and add oil.
3. Add garlic and onion, stir fry until onion is translucent.
4. Add oyster sauce, chilli paste and 2 Tbsp of water.
5. Add in drained macaroni, and toss to combine.
6. Finally, add in tuna. Stir fry until well combined (you may add some water if it is too dry).
7. Garnish with parsley and cherry tomatoes as desired. Serve immediately.