



A DIGITAL RECIPE COLLECTION

The Fresh Table

9 vibrant recipes with Farm Best Omega 3 Chicken

FRESH IDEAS FOR EVERY CUT

**Bright local
flavours.
Simple home
cooking.**

COOK • SHARE • ENJOY



INSIDE THE COLLECTION

9 RECIPES • 9 FRESH IDEAS

01 ROAST CHICKEN

02 CHICKEN BRAISE

03 SOBA BOWL

04 SATAY FILLETS

05 LAKSA MEATBALLS

06 BAKED WINGS

07 ROAST DRUMSTICKS

08 BRAISED WHOLE LEGS

09 CHICKEN THIGHS

Easy home cooking for every kind of week



Choose the cut that fits your week

Nine bright, practical recipes turn one familiar ingredient into distinctly different meals. Each one pairs Farm Best Omega 3 Chicken with colourful vegetables, grains or simple pantry staples, with clear timings, useful swaps and make-ahead ideas.

PICK A CUT CHOOSE YOUR PACE MAKE IT YOURS

01

Start with the cut

Choose a whole bird, quick-cooking fillets, or bone-in wings, drumsticks, legs and thighs.

02

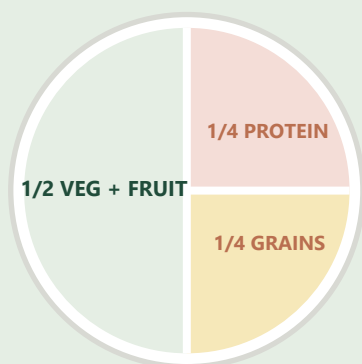
Read the rhythm

Prep and cook times appear at the top of every page, followed by one compact ingredient list.

03

Finish the plate

Use the serving cue to add vegetables or a wholegrain side that suits your household.



AN EASY BALANCE

Build the rest of the plate

A simple guide from Health Promotion Board: aim for 1/4 wholegrains, 1/4 lean protein and 1/2 fruit and vegetables. For bowls and braises, think across the whole meal rather than perfect sections.

See the official source and cooking guidance on page 15.

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Choose your cut

Choose by the way you want to cook. Product codes are included where supplied; always check the pack label for the current description and quantity.



01 Whole Chicken

1.4 kg per bird | Product code 5145269

Roast, poach, plan leftovers

Calamansi Lemongrass Roast

[Go to recipe >](#)



02 12-Cut Chicken

Mixed pieces, pack | Product code 5149589

Braise, tray bake, share

Tamarind Pineapple Braise

[Go to recipe >](#)



03 Skinless Boneless Breast

2 pieces, pack | Product code 5150050

Grill, slice, build a bowl

Miso Lime Soba Bowls

[Go to recipe >](#)



04 Chicken Fillets

8 pieces, pack | Product code 5150051

Pan cook, coat, lunch box

Turmeric Satay Style Fillets

[Go to recipe >](#)



05 Minced Chicken

Pack | Product code 5150052

Meatballs, stir-fry, fillings

Laksa Chicken Meatball Bowls

[Go to recipe >](#)

Pack formats and availability may vary. Refer to the product label for current quantity and storage instructions.



Four more ways to cook

From crisp oven-baked wings to a slow, aromatic braise, these bone-in cuts offer four more dinners for the same collection.



06 Fresh Chicken Wing

Recipe uses 800 g-1 kg | Check pack label

Bake, glaze, share

Ginger Lime Baked Wings

[Go to recipe >](#)



07 Fresh Chicken Drumstick

Recipe uses 6 pieces | Check pack label

Roast, grill, picnic

Turmeric Yogurt Drumsticks

[Go to recipe >](#)



08 Fresh Chicken Whole Leg

Recipe uses 2 whole legs | Check pack label

Braise, roast, carve

Lemongrass Coconut Whole Legs

[Go to recipe >](#)



09 Fresh Chicken Thighs

Recipe uses 4 bone-in thighs | Check pack label

Skillet, braise, tray bake

Tomato Garlic Chicken Thighs

[Go to recipe >](#)

Pack formats and availability may vary. Refer to the product label for current quantity and storage instructions.





Calamansi Lemongrass Roast Chicken

A bright local spin on the classic centrepiece roast, with pumpkin, potatoes and red onion cooking in the same tray.

Fresh Whole Chicken Omega 3, 1.4 kg

Product code 5145269



AI-GENERATED SERVING SUGGESTION

PREP
20 min

COOK
70 min

SERVES
5-6

PACE
Easy

INGREDIENTS

- 1 Farm Best Fresh Chicken Omega 3, about 1.4 kg
- 300 g baby potatoes, halved
- 300 g pumpkin, cut into 3 cm pieces
- 1 red onion, cut into wedges
- 2 lemongrass stalks
- 3 calamansi, zest and juice (about 30 ml)
- 20 g ginger, finely grated
- 3 garlic cloves, finely grated
- 15 ml light soy sauce
- 15 ml neutral oil
- 5 ml honey and black pepper
- Coriander leaves, to finish

METHOD

- 1 Heat the oven to 200°C (180°C fan). Pat the chicken dry. Finely chop the tender part of one lemongrass stalk; bruise the other.
- 2 Mix the chopped lemongrass, calamansi zest and juice, ginger, garlic, soy, oil, honey and pepper. Rub two-thirds over the chicken and a little inside; add the bruised lemongrass to the cavity.
- 3 Toss the potatoes, pumpkin and onion with the remaining marinade. Sit the chicken breast-side up among the vegetables.
- 4 Roast for 60-70 minutes, turning the vegetables after 35 minutes. Cover the skin loosely with foil if it colours too quickly.
- 5 Check the thickest breast and inner thigh reach at least 75°C for 2 minutes, without touching bone. Rest for 10 minutes before carving and finish with coriander.

SERVE IT WITH

Serve with cucumber and watercress, or a small bowl of brown rice for the pan juices.

SMART SWAP OR MAKE AHEAD

No calamansi? Use 2 limes. Marinate, covered and chilled, up to 24 hours ahead.





Tamarind Pineapple Chicken Braise

Tangy tamarind, sweet pineapple and a gentle chilli warmth turn mixed bone-in pieces into a generous one-pot meal.

Omega 3 Chicken 12-Cut Pack

Product code 5149589



AI-GENERATED SERVING SUGGESTION

PREP

15 min

COOK

55 min

SERVES

5-6

PACE

Easy

INGREDIENTS

- 1 Farm Best Omega 3 Chicken 12-cut pack, about 1.2-1.4 kg
- 10 ml neutral oil
- 4 shallots, thinly sliced
- 20 g ginger, cut into matchsticks
- 3 garlic cloves, sliced
- 1 lemongrass stalk, bruised
- 1 red chilli, sliced (optional)
- 25 g seedless tamarind paste
- 15 ml light soy sauce
- 5 ml honey and 300 ml water
- 250 g pineapple, bite-size pieces
- 200 g cherry tomatoes
- 150 g long beans, 5 cm lengths
- Coriander leaves, to finish

METHOD

- 1 Pat the chicken dry. Heat the oil in a wide casserole over medium-high heat and brown the pieces in batches for about 2 minutes per side. Set aside.
- 2 Lower to medium. Cook shallots, ginger, garlic, lemongrass and chilli for 2 minutes until fragrant.
- 3 Mix tamarind, soy, honey and water. Add to the pan, then return the chicken and any juices.
- 4 Bring to a gentle simmer, cover and cook for 25 minutes, turning the pieces once.
- 5 Add pineapple, tomatoes and long beans. Cook uncovered for 8-10 minutes until glossy and the thickest pieces reach at least 75°C for 2 minutes; check without touching bone. Finish with coriander.

SERVE IT WITH

Pair with red or brown rice and blanched chye sim.

SMART SWAP OR MAKE AHEAD

Make up to 2 days ahead without the beans. Reheat once; add beans for the final 6-8 minutes.

Allergens: Contains soy. Check soy sauce for wheat/gluten.

Safe centre: At least 75°C for 2 minutes at the thickest part. See page 15.





Miso Lime Chicken Soba Bowls

A savoury lime glaze keeps chicken breast lively, paired with cool cucumber, edamame and springy soba noodles.

Omega 3 Skinless Boneless Chicken Breast, 2 pieces

Product code 5150050



AI-GENERATED SERVING SUGGESTION

PREP

10 min

COOK

20 min

SERVES

2

PACE

Easy

INGREDIENTS

- 2 Farm Best skinless boneless chicken breasts, about 350-450 g total
- 15 g white miso
- 20 ml lime juice
- 10 ml honey
- 5 ml toasted sesame oil
- 15 ml warm water
- 5 ml neutral oil
- 160 g dried soba noodles
- 100 g frozen shelled edamame
- 1 small cucumber, ribboned
- 1 small carrot, fine matchsticks
- 2 spring onions, thinly sliced
- 5 g toasted sesame seeds

SERVE IT WITH

Add nori strips, lime wedges and sliced chilli at the table.

METHOD

- 1 Place each breast between baking paper and gently flatten the thickest part to an even 2 cm.
- 2 Mix miso, lime, honey, sesame oil and warm water. Spoon one-third over the chicken; keep the rest separate for dressing.
- 3 Cook soba to packet directions, adding edamame for the final 2 minutes. Drain, briefly rinse and drain well.
- 4 While the noodles cook, heat neutral oil over medium. Cook chicken 5-6 minutes per side, adding a spoonful of dressing in the final minute, until the centre reaches at least 75°C for 2 minutes. Rest 3 minutes and slice.
- 5 Toss noodles and edamame with the remaining dressing, vegetables and spring onion. Top with chicken and sesame.

SMART SWAP OR MAKE AHEAD

Use wholegrain noodles if soba is unavailable. Prep the dressing and vegetables up to 2 days ahead.

Allergens: Contains soy and sesame; soba may contain wheat/gluten.

Safe centre: At least 75°C for 2 minutes at the thickest part. See page 15.





Turmeric Satay Style Chicken Fillets

All the aromatic appeal of satay, streamlined for a frying pan and paired with crunchy peanut lime slaw.

Omega 3 Chicken Fillet, 8-piece pack

Product code 5150051



AI-GENERATED SERVING SUGGESTION

PREP
15 min

COOK
12 min

SERVES
4

PACE
Easy

INGREDIENTS

- 1 pack Farm Best chicken fillets, 8 pieces, about 400 g
- 10 ml neutral oil
- 10 ml light soy sauce
- 5 ml honey
- 2 g ground coriander
- 1 g each ground cumin and turmeric
- Finely grated zest of 1 lime
- 300 g cabbage and carrot slaw mix
- 1 small cucumber, thinly sliced
- 25 g smooth peanut butter
- 20 ml lime juice
- 15-30 ml warm water
- 5 ml light soy sauce, extra
- Mint or coriander, to finish

SERVE IT WITH

Add warm wholegrain flatbreads or a small portion of rice, plus lime wedges.

METHOD

- 1 With clean hands and utensils, whisk peanut butter, lime juice, extra soy and 15 ml warm water. Add more water until pourable.
- 2 Toss the slaw and cucumber with two-thirds of the peanut dressing; cover and reserve the rest separately.
- 3 In a separate bowl, mix oil, 10 ml soy, honey, coriander, cumin, turmeric and lime zest. Coat the chicken, then wash hands and any utensils or surfaces that touched it.
- 4 Heat a large non-stick pan over medium-high heat. Cook the chicken for 4-5 minutes per side, until lightly charred and at least 75°C in the centre for 2 minutes.
- 5 Rest for 2 minutes, arrange over the slaw, drizzle with the remaining dressing and finish with herbs.

SMART SWAP OR MAKE AHEAD

For a peanut-free version, use tahini or sunflower-seed butter. Marinate chicken up to 12 hours.





Laksa Chicken Meatball Noodle Bowls

Tender chicken meatballs bring laksa-inspired flavour to a relaxed bowl with tomatoes, bok choy and rice vermicelli.

Omega 3 Minced Chicken

Product code 5150052



AI-GENERATED SERVING SUGGESTION

PREP
15 min

COOK
20 min

SERVES
4

PACE
Easy

INGREDIENTS

- 400 g Farm Best Omega 3 minced chicken
- 2 spring onions, whites and greens separated
- 10 g ginger, finely grated
- 30 g laksa paste, divided
- 15 g panko breadcrumbs
- 10 ml neutral oil
- 400 ml light coconut milk
- 400 ml reduced-salt stock or water
- 150 g cherry tomatoes, halved
- 200 g baby bok choy, quartered
- 120 g dried rice vermicelli, prepared to packet directions and drained
- 20 ml lime juice
- 100 g bean sprouts, rinsed
- Coriander leaves, to finish

SERVE IT WITH

Set out extra lime and sliced chilli so everyone can brighten or warm their bowl.

METHOD

- 1 Mix mince with spring onion whites, ginger, 10 g laksa paste and panko. With damp hands, shape 16 small meatballs.
- 2 Heat oil in a deep non-stick pan over medium heat. Brown meatballs for 5-6 minutes, turning carefully, then set aside.
- 3 Cook the remaining laksa paste for 1 minute. Stir in coconut milk and stock; bring to a gentle simmer.
- 4 Return meatballs and simmer 7-8 minutes. Add tomatoes and bok choy for the final 3 minutes and bean sprouts for the final minute, until meatballs reach at least 75°C for 2 minutes.
- 5 Divide the prepared vermicelli among bowls. Ladle over meatballs, vegetables and broth; finish with lime, spring onion greens and coriander.

SMART SWAP OR MAKE AHEAD

Use chye sim or napa cabbage in place of bok choy. Shape and chill raw meatballs up to 24 hours ahead.





Ginger Lime Baked Chicken Wings

Oven-baked wings with a bright ginger-lime finish, crunchy cucumber and none of the fuss of deep-frying.

Omega-3 Fresh Chicken Wing

Recipe quantity shown below; check the current pack label



AI-GENERATED SERVING SUGGESTION

PREP

15 min

COOK

45 min

SERVES

4

PACE

Easy

INGREDIENTS

- 800 g-1 kg Farm Best Omega-3 fresh chicken wings
- 250 g cucumber, thinly sliced
- 15 ml rice vinegar
- 1 small red chilli, sliced (optional)
- 15 ml light soy sauce
- 20 ml lime juice
- 15 g ginger, finely grated
- 2 garlic cloves, finely grated
- 10 ml honey
- 10 ml neutral oil
- 2 spring onions, thinly sliced
- Lime wedges, to serve

METHOD

- 1 Heat the oven to 220°C (200°C fan). Line a large tray. Toss cucumber with rice vinegar and chilli; cover and refrigerate before handling raw chicken.
- 2 In a separate bowl, mix soy, lime juice, ginger, garlic, honey and oil. Coat the wings, then wash hands and utensils that touched raw chicken.
- 3 Arrange wings in a single layer with space between them. Bake 40-45 minutes, turning halfway, until golden and crisp at the edges.
- 4 Check the thickest wing reaches at least 75°C for 2 minutes, keeping the probe clear of bone. Rest for 3 minutes.
- 5 Scatter with spring onion. Serve with the chilled cucumber and lime wedges.

SERVE IT WITH

Add brown rice and steamed broccoli to make it a fuller meal.

SMART SWAP OR MAKE AHEAD

Use calamansi in place of lime. If your wings are small, begin checking after 35 minutes.





Turmeric Yogurt Roast Drumsticks

A fragrant one-tray roast with golden drumsticks, cauliflower and onion that suits a relaxed family dinner.

Omega-3 Fresh Chicken Drumstick

Recipe quantity shown below; check the current pack label



AI-GENERATED SERVING SUGGESTION

PREP

15 min

COOK

45 min

SERVES

4

PACE

Easy

INGREDIENTS

- 6 Farm Best Omega-3 fresh chicken drumsticks, about 900 g-1.1 kg
- 120 g plain unsweetened yogurt
- 20 ml lemon juice
- 2 garlic cloves, finely grated
- 10 g ginger, finely grated
- 3 g ground turmeric
- 3 g ground cumin
- 2 g ground coriander
- 500 g cauliflower, small florets
- 1 red onion, cut into wedges
- 15 ml neutral oil
- Coriander leaves, to finish

METHOD

- 1 Heat the oven to 210°C (190°C fan). Line a large roasting tray. Cut the cauliflower and onion before opening the raw chicken.
- 2 Mix yogurt, lemon, garlic, ginger and spices. In a separate bowl, coat the drumsticks with the mixture; wash hands and utensils afterwards.
- 3 Toss the vegetables with oil and spread them around the drumsticks in one layer.
- 4 Roast for 40-45 minutes, turning the vegetables once. If the tray browns too quickly, cover loosely with foil.
- 5 Check the thickest drumstick reaches at least 75°C for 2 minutes without touching bone. Rest for 5 minutes and finish with coriander.

SERVE IT WITH

Add wholegrain chapati and a tomato-cucumber salad.

SMART SWAP OR MAKE AHEAD

Swap cauliflower for broccoli. You can coat the chicken, cover and chill it up to 12 hours ahead.

Allergens: Contains milk (yogurt). Check chapati labels if serving with it.

Safe centre: At least 75°C for 2 minutes at the thickest part. See page 15.





Lemongrass Coconut Braised Whole Legs

A gentle, aromatic braise that lets the whole legs cook through while capsicum and greens soften in the broth.

Omega-3 Fresh Chicken Whole Leg

Recipe quantity shown below; check the current pack label



AI-GENERATED SERVING SUGGESTION

PREP
15 min

COOK
55 min

SERVES
4

PACE
Easy

INGREDIENTS

- 2 Farm Best Omega-3 fresh chicken whole legs, about 800 g-1.1 kg
- 10 ml neutral oil
- 2 lemongrass stalks, bruised
- 20 g ginger, sliced
- 3 garlic cloves, sliced
- 1 small onion, thinly sliced
- 300 ml light coconut milk
- 200 ml water
- 1 red capsicum, sliced
- 200 g chye sim, cut into lengths
- 20 ml lime juice
- Coriander leaves, to finish

METHOD

- 1 Prepare the capsicum and chye sim first. Pat the chicken dry, then wash hands and the board used for raw chicken.
- 2 Heat oil in a wide deep pan. Brown the whole legs for 4-5 minutes per side; set aside. Soften onion, ginger, garlic and lemongrass for 2 minutes.
- 3 Pour in coconut milk and water. Return chicken, bring to a gentle simmer, cover and cook for 30-35 minutes, turning once.
- 4 Add capsicum for the final 8 minutes and chye sim for the final 3 minutes. The thickest part near the joint must reach at least 75°C for 2 minutes; keep the probe off the bone.
- 5 Lift out the chicken, separate each leg into thigh and drumstick portions, then finish the broth with lime and coriander.

SERVE IT WITH

Spoon over brown rice with extra greens on the side.

SMART SWAP OR MAKE AHEAD

Use spinach instead of chye sim; stir it in only until wilted. Adjust the simmer time to the actual leg size.





Tomato Garlic Chicken Thigh Skillet

A comforting pan of tender chicken thighs, white beans, tomatoes and spinach with very little hands-on time.

Omega-3 Fresh Chicken Thighs

Recipe quantity shown below; check the current pack label



AI-GENERATED SERVING SUGGESTION

PREP

15 min

COOK

40 min

SERVES

4

PACE

Easy

INGREDIENTS

- 4 Farm Best Omega-3 fresh bone-in chicken thighs, about 800 g-1 kg
- 10 ml neutral oil
- 1 onion, finely chopped
- 3 garlic cloves, sliced
- 400 g canned chopped tomatoes
- 150 ml water
- 240 g canned white beans, drained and rinsed
- 150 g baby spinach
- 2 g smoked paprika
- 1 g black pepper
- 15 ml lemon juice
- Parsley or coriander, to finish

METHOD

- 1 Prepare onion, garlic and spinach before opening the raw chicken. Pat the thighs dry and wash hands afterwards.
- 2 Heat oil in a wide lidded pan over medium-high heat. Brown thighs for 4-5 minutes per side, then set aside.
- 3 Cook onion and garlic for 3 minutes. Stir in tomatoes, water, paprika and pepper, scraping up the browned bits.
- 4 Return thighs, cover and simmer gently for 20-25 minutes. Add beans for the final 5 minutes and spinach just until wilted.
- 5 Check the thickest thigh reaches at least 75°C for 2 minutes without touching bone. Finish with lemon and herbs.

SERVE IT WITH

Add wholemeal bread or brown rice and a crunchy side salad.

SMART SWAP OR MAKE AHEAD

Use chickpeas instead of white beans. If using boneless thighs, start checking the centre earlier.

Allergens: Check canned ingredients and any bread served alongside for allergens.

Safe centre: At least 75°C for 2 minutes at the thickest part. See page 15.



A flexible week of fresh meals

Use this as a rhythm, not a rule. Start with the most perishable produce, prep clean vegetables before opening raw chicken, and keep sauces that will be served uncooked separate from marinades.

DAY	DINNER	DO AHEAD	SECOND LIFE
1	Calamansi roast	Marinate in the morning	Carve extra chicken for lunch
2	Miso lime soba	Mix dressing; cut vegetables	Pack noodles separately
3	Tamarind braise	Braise a day ahead	Reheat once; add fresh greens
4	Satay style fillets	Whisk peanut lime dressing	Roll into a wholegrain wrap
5	Laksa meatball bowl	Shape meatballs up to 24h ahead	Keep noodles out of broth

NEXT WEEK

Swap in ginger-lime wings, turmeric-yogurt drumsticks, coconut-braised whole legs or tomato-garlic thighs.

PANTRY FOUNDATION

- Neutral oil and sesame oil
- Light soy or tamari
- Miso, honey and stock
- Brown rice, grains or noodles
- Panko or wholemeal crumbs
- Pepper and chilli flakes

FRESH FLAVOUR KIT

- Garlic, ginger, spring onion
- Calamansi, limes or lemons
- Lemongrass and fresh herbs
- Two quick-cooking greens
- One crunchy vegetable
- One roastable vegetable

45 MINUTE FUTURE YOU PREP

- Cook a grain base; cool promptly
- Wash produce before raw chicken
- Mix dressing; reserve a clean portion
- Portion what you will cook soon
- Date and freeze the rest
- Store raw chicken on the lowest shelf



KEEP IT SIMPLE

If you only prep one thing, make it the vegetables. Wash and dry them before raw chicken is opened, then store them ready to roast, stir-fry or add to a bowl.



Four habits for a safer kitchen

Simple handling matters just as much as the recipe.

01 Keep it separate

Store raw chicken below ready-to-eat food. Use separate boards and utensils, or wash them thoroughly between tasks.

02 Skip the rinse

Do not wash raw chicken. Splashes can spread bacteria around the sink and work surface.

03 Thaw it cold

Thaw in the refrigerator or with the microwave defrost setting, never at room temperature.

04 Check the centre

Use a clean probe thermometer at the thickest part. Cook chicken to at least 75°C for 2 minutes.

LEFTOVERS

Cool and refrigerate leftovers promptly. Reheat stored cooked food to 75°C or above for at least 2 minutes, and reheat only once.

BUILD THE PLATE

A useful meal guide is 1/4 wholegrains, 1/4 lean protein and 1/2 fruit and vegetables. Adapt the proportions across bowls and mixed dishes.

OFFICIAL SINGAPORE GUIDANCE

Singapore Food Agency Food Safety Tips

HealthHub My Healthy Plate

Recipes, timings and serving sizes are guides and may vary by appliance and ingredient size. Product availability and pack formats may vary; refer to the product label for current information. Always check ingredient and product labels for the latest allergen information. Omega 3 is used here as part of the product name; no nutritional claim is made. Food images are AI-generated serving suggestions.

Nine cuts nine fresh ideas

What will you make first?

