

## NUTRITION MONTH

It's March and Nutrition Month is back! To celebrate this month, we will be releasing special nutritional videos with different topics by our dietitians! Besides that, we will also have a "Vote Your Fruit" event within our schools. We are excited and hope everyone will take initiatives to eat healthily!



## MARCH 2022

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### EVENTS

- 1 March - Israk Mikraj
- 8 March - Vote Your Fruit

*"Food to a large extent is what holds a society together and eating is closely linked to deep spiritual experiences"*



- Peter Farb

## VOTE YOUR FRUIT

For Nutrition Month, we have organized the *Vote Your Fruit* event for our schools. The aim of this event is to give exposure to the students about the variety of fruits and their importance to our body. As a result, the winning fruit will be featured in next month's "Fruitful Friday" menu. Everyone is welcome to join and we look forward to your participation!



# RECIPE OF THE MONTH: TERIYAKI CHICKEN

## Ingredients:

- 50ml Teriyaki sauce
- 120g Chicken (boneless)
- 5g Toasted sesame seed
- 10g Green onions
- 2g Salt
- 1g Black pepper powder

## Directions:-

- 1) Take the chicken thigh, season with salt and black pepper. Then roll the chicken into roulade. Roast it in the preheated oven at 170 degree Celsius until the core temperature reaches 75 degree Celsius (You may use the probe thermometer to check).
- 3) Once done, take it out from the oven and pour the teriyaki sauce on the top of the chicken. After that, roast it in the oven for 5 more minutes.
- 4) Garnish it with sesame seed and green onions sliced about 1cm thick.



## DID YOU KNOW?

**Zucchini** is actually a fruit, although it is treated and widely referred to as a type of vegetable. It belongs to the same family group as watermelon, cucumber, pumpkin, and all types of gourds.

### CEZARS KITCHEN SDN. BHD.

Unit C3A11, Level 3A Block C, Kelana Square, Kelana Jaya, Jalan SS7/26, Kelana Jaya,  
47301 Petaling Jaya, Selangor, Malaysia | Tel: 603 - 7665 0122 / 603 - 7665 0123

   cezarskitchenmy Website: [www.cezarskitchen.com.my](http://www.cezarskitchen.com.my) Email: [infomys@cezarskitchen.com](mailto:infomys@cezarskitchen.com)

**CEZARS**<sup>™</sup>  
KITCHEN