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Kia Hiang Restaurant Pte Ltd

This is one of those no frills, true old school, Cantonese restaurant that serves good home-style food. While its cream-coloured interior may not spell modern-chic, the clean, neat environment and friendly service staff made my visit a pleasant and comfortable experience. It's good to know that this restaurant offers several dishes on their menu that are lower in fat and salt.

Soups are the foundation of any Cantonese restaurant and here I found the **Neptune's Favourite Soup with Abalone** so indulgently flavoursome and fragrant that I could almost taste the hours of work that had gone into brewing this soup. To retain the fork-tender goodness of the abalone, the chef serves it on a separate plate with melt-in-your-mouth braised homemade tofu that goes really well together with the abalone.

True to the healthier dining mantra, the chef removes all the chicken skin and fat and refrains from adding extra oil during cooking.

The thick broth is made in superior chicken stock with dry scallops so it's MSG—and salt free. Still, the soup remains tasty and richly flavoured.

For some vegetable goodness, the **Crispy Vegetables with Delicacies** is highly recommended, especially for those who love the extra crunch. The plate of assorted vegetable and nut items, featuring thinly sliced lotus roots, mushrooms, black fungus, asparagus and cashew nuts is an addictive combination of mild, sweet and savoury tastes which will whet your appetite.

The vegetables are first blanched in stock before being pan-fried in light sauce allowing it to retain its colour. The cashew nuts, lotus roots and asparagus gives this dish an overall nice crunch that even a meat lover like me finds irresistible.

Another light and enjoyable dish is the **Japanese Udon with Seafood**. The claypot is filled to the brim with fresh prawns, crabsticks, squids, vegetables, dried scallops, mushrooms and udon simmered in light sauce. The piping hot soup had a clear silken texture that warmed my heart and left me longing for a second and third helping. The udon is nice and spongy and the seafood is fresh, succulent and very satisfying

So, whether you are having a meal with your family or planning a simple business lunch, Kia Hiang Restaurant has a wonderful list of wholesome, delicious dishes and healthy that will leave you craving for more.



This online review can be found on the Health Promotion Board Website

