



Healthy with **KIDSTART** presents



# What's FOR LUNCH?

Brought to you by **PRUDENTIAL**

Learn how to make

## ABC Egg Drop Soup

Guess why it is called "ABC" soup? Because preparing a yummy bowl of it is as simple as ABC!

This delicious bowl of soup is also power packed with vitamins – vitamin A from carrots, vitamin B from potatoes and vitamin C from celery.



Recipe by

**Chef Aaron Wong**  
MasterChef Finalist



Scan to watch the step-by-step demonstration on how to cook this dish!

Look for: **What's for Lunch Season 2 Episode 1**  
Keep a lookout for the next episode where you can sign up to watch live on Zoom!



Make the cooking process a fun bonding experience between you and your child. Tune in to the episode to see how I cooked it with my son!



**Huda Ali**  
TV Personality

Encourage your child to add finishing touches to the soup by stirring the egg mixture and gently pouring it into the pot!

**Share your creation** with us on Instagram / Facebook and your post may be featured!



- STEP 1** Look inside your fresh produce pack! Use the ingredients and try cooking your own ABC soup.
- STEP 2** Take a picture of your ABC soup (tip: feature your child enjoying it!)
- STEP 3** Tell us in the caption what you have learnt from the episode and tag @KidSTARTSingapore
- STEP 4** If your account is private, you can send your post to us via Instagram / Facebook message!

## Ingredients

- 1 litre of chicken stock
- 200g of potatoes, peeled and cut into cubes
- 100g of onions, cut into big pieces
- 150g of carrots, cut into thick slices
- 200g of sweet corn, cut into big pieces
- 80g of celery, cut into thick slices
- 60g of chicken wing tips
- 4g of cornstarch
- 1 egg

## Sweet Corn

It contains numerous vitamins like B9, which is especially important during pregnancy for baby's development. Sweet corn also helps maintain your little one's eye health – the antioxidants it contains help protect our eyes.

*Tip: Sweet corn is a good way to add a touch of natural sweetness to your child's taste buds.*



## Method

1. Add 1L of chicken stock and ½ L of water into a large pot and bring to a boil.
2. Upon boiling, add potatoes, onion, carrots, sweet corn, and chicken wing tips into the pot and lower the heat.
3. Simmer for 20mins, then add celery.
4. Simmer for another 15mins or until the carrots and potatoes are soft to your liking.
5. Mix cornstarch into 100ml of water.
6. Slowly add the mixture into the pot, while stirring.
7. Crack 1 egg into a small bowl. Stir the egg gently but do not beat it completely.
8. Once the soup becomes slightly thick, turn off the heat and pour in the egg immediately as you stir gently.
9. Pour soup into a bowl and serve.

## Celery

Experiencing indigestion? Celery is an excellent source of fibre which helps to get your digestive system moving. This veggie also contains multiple antioxidants that can greatly enhance your little one's memory, learning and spatial awareness.

*Tip: While cooking, dip a few pieces of uncooked celery into low-fat peanut butter for your child to nibble on!*

We would love to hear your thoughts on this programme. Let us know via the QR code here!

