



Healthy with **KIDSTART** presents



What's FOR LUNCH?

Brought to you by **PRUDENTIAL** 

Learn how to make

Sesame Chicken

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

Look for: **What's for Lunch Season 2 Episode 1**

Sign up for the next episode via the QR code in the following page!



As your little one grows up, having good memory is key. Chicken helps them build this!

Getting your little one to prepare the ingredients is a great way of developing their math and numeracy skills. They can help to count 2 garlic cloves, 1 onion and 5 mushrooms!

Recipe by



Chef Aaron Wong



Huda Ali



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 sesame chicken.
- STEP 2** Take a picture of your sesame chicken (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

- 450g of chicken wings
- 2 cloves of garlic, thinly sliced
- 20g of ginger, thinly sliced
- 80g of carrot, thinly sliced
- 1 onion, cut into chunks
- 5 mushrooms, cut into chunks
- 40g of oyster sauce
- 1g of honey
- 3g of corn starch
- 5g of sesame oil
- 10g of spring onion, thinly sliced

Method

1. Put chicken wings into a frying pan over medium heat without any oil. Make sure each wing is touching the pan and stir-fry for about 3 minutes until you can see oil coming out from the chicken.
2. Once the oil is released, add the sliced ginger and garlic. Fry till fragrant.
3. Mix oyster sauce and honey into 200ml of water and add to the pan.
4. Add carrots, onions, mushrooms and reduce to low heat.
5. Simmer for ½ hour or till carrots and mushrooms are soft. The sauce should be reduced to half.
6. Add corn starch into a bowl with 50ml of water and mix well. Add it to the pan slowly as you stir.
7. Once the sauce thickens, add sesame oil and turn off the heat.
8. Garnish your dish with finely sliced spring onions and serve!

Oyster Sauce

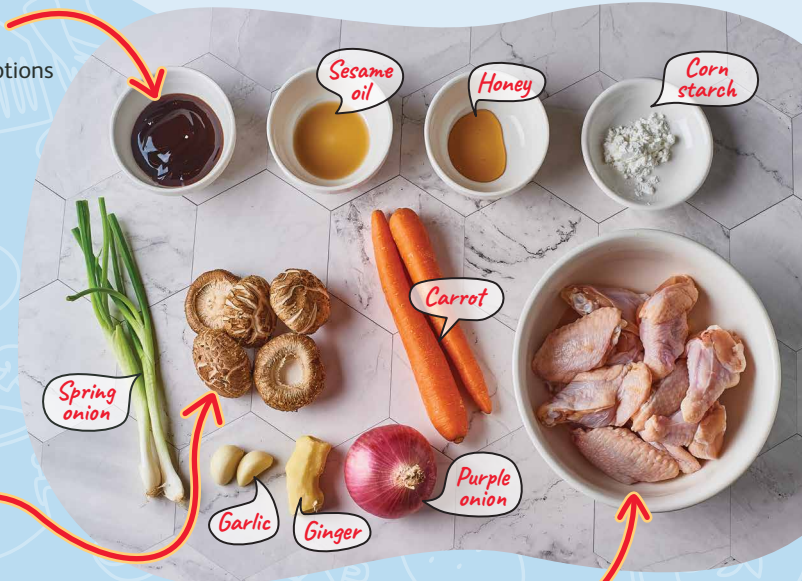
Choose healthier choice options for your condiments. For example, choose the “vegetarian” or “reduced salt” oyster sauce from Lee Kum Kee – both are not only Healthier Choice but also Halal certified. They are usually the same price or more affordable than the original version.

Shiitake Mushroom

This superfood helps boost your immunity and supports heart health. Cooking this in Chef Aaron’s way guarantees a yummy chewy texture that your kids might just love!



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Chicken Wing

Utilise every part of the chicken so that nothing goes to waste: if you bought a full chicken, you could save the chicken bones to make a highly nutritious and delicious bone broth. It contains a good amount of collagen for your skin and gelatin for bone and joint health.

Want to watch the next episode live on Zoom and stand a chance to win up to \$100 Takashimaya vouchers? Sign up here!