



Healthy with **KIDSTART** presents



What's FOR LUNCH?

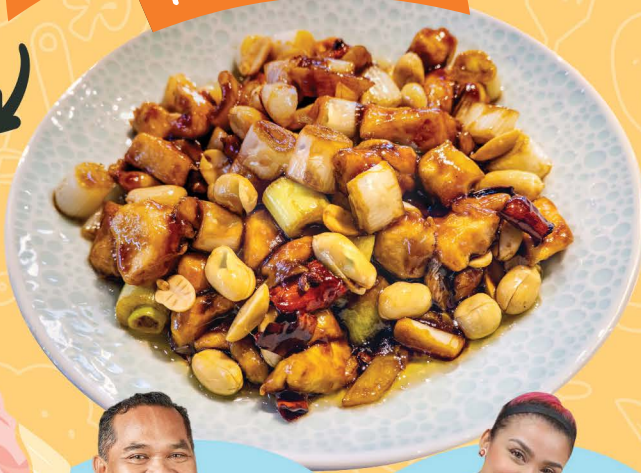
Brought to you by **PRUDENTIAL** 

Learn how to make

Kung Pao Chicken

Here's how:

1. Follow this recipe card
2. Watch the cooking demo
3. Cook with the ingredients in the bag



Scan to watch the step-by-step cooking demo!

Look for:
What's for Lunch?
A Healthy Cooking
Web Series – Episode 1



Chef Mazlan



Host Huda Ali

'Sous Chef' Luke Qalish



Worried about having your child in the kitchen? Don't be!

Tip 1

Children as young as 18 months can help out! Start including them from when they are as young as eighteen months old to assist with pouring, stirring and measuring ingredients. This will help them build confidence in the kitchen and support their brain development.

Tip 2

Let fun be the goal of food prep with your child! Cooking with young children can be challenging. But don't give up and be patient. The experience does not have to be perfect! Thank your child for helping out in the kitchen and let them know you appreciate the time spent together making new memories as a family.

Serves 4

Ingredients

450g boneless & skinless chicken breasts
3 tablespoons roasted peanuts
6-8 dried red chilies, seeds removed and cut into halves
(optional: can remove entirely from dish)
3 tablespoons oil
5 slices peeled fresh ginger
2 cloves garlic, sliced diagonally
1 stalk scallion/spring onion, cut into rings

For Marinade:

1 tablespoon corn starch
2 teaspoons soy sauce
1 tablespoon Chinese rice vinegar
(optional: change to Shao Xing rice wine)
1 teaspoon oil

For Sauce:

1 ½ tablespoons soy sauce
1 teaspoon dark soy sauce
1 teaspoon sugar
¼ teaspoon Chinese black vinegar
2 tablespoons water
1 teaspoon corn starch

Equipment

Wok, small bowls, serving plates, paper towels, teaspoons, and tablespoons.

Method

1. Cut the chicken breast into small cubes, rinse in water, pat dry with paper towels and marinate with the ingredients above for 30 minutes.
2. Mix the sauce ingredients in a small bowl and set aside.
3. Heat up a wok with one tablespoon of oil and stir-fry the marinated chicken until it is 70% cooked. Dish out and set aside.
4. Clean the wok and add in the remaining 2 tablespoons of oil until it's fully heated. Add in the ginger and garlic slices and do a quick stir before adding in the dried red chilies.
5. Optional: Stir fry the dried red chilies until they smell aromatic and spicy, then add in the chicken.
6. Do a few quick stirs before adding in the roasted peanuts. Add the sauce and stir continuously until the chicken is nicely coated with the sauce.
7. Add in the scallions/spring onions, stir to combine well with the chicken.
8. Dish out and serve immediately.

