



Healthy with **KiDSTART** presents



What's FOR LUNCH?

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Learn how to make

French Bean, Tuna, and Egg Salad



Easy-to-cook healthy recipes by Charlotte Mei

This dish contains all the main nutrients you need in a meal - protein, carbohydrates, vegetables - in the portions of My Healthy Plate, and it is easy to put together!

⚠️ If you have leftover canned tuna, remember to remove it from the can, and place it in a container to store it in the fridge.

	PER 334G SERVING	%RI
Energy (Kj)	1440 kJ	17%
Energy (Kcal)	344 kcal	17%
Fat	17 g	24%
of which saturates	2.8 g	14%
Carbohydrate	16 g	6%
of which sugars	6.9 g	8%
Fibre	4.9 g	20%
Protein	28 g	56%
Salt	0.85 g	14%

RI = Reference Intake for daily consumption

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

- Tip 1** Little ones can help out too! 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 3

Ingredients

250g French beans, tips removed
2 cans tuna flakes in sunflower oil, drained
2 eggs
1 large tomato, cubed
3 (180g) small potatoes, washed
½ onion
½ yellow lemon, juiced
1 tablespoon vegetable oil
4 cloves garlic, whole
1 clove garlic, minced
3 shallots, minced
2 tablespoon + 1 teaspoon salt
Sprinkle of black pepper
10 grapes, halved or quartered
1 tablespoon fried ikan bilis

Method

1. Add 1 teaspoon salt and French beans into a medium pot of boiling water. Blanch for about 2 minutes until softened.
Remove French beans and rinse with cold water. Slice the beans in half. Set aside.
2. Boil the same pot of water to cook the eggs for 8 minutes. Let eggs cool. Peel and slice the eggs into quarters. Set aside.
3. Add in potatoes, 2 tablespoon of salt, 4 garlic cloves, ½ onion in a medium pot. Heat to a low simmer. Cook potatoes until a fork can pierce through easily. Turn off the heat, drain and cut the potatoes into quarters.
4. Add lemon juice, vegetable oil, minced garlic, minced shallot, and black pepper in a large bowl. Whisk gently with a fork.
5. Add French beans, tuna flakes, potatoes, grapes and tomato in the large bowl. Toss to mix dressing evenly. Top with the ikan bilis for some crunch!

