



Healthy with **KiDSTART** presents

What's FOR LUNCH?



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Learn how to make

Braised Chicken Bee Hoon



Recipe adapted from
Health Promotion Board

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.

Cooking with children in the kitchen - Safety Tips

- Create a safe environment that better suits your child's needs to assist you with food preparation, if possible, with tools such as step stools, child-height tables and child-safe utensils.
- Keep surfaces and floor clear and dry to prevent accidents.
- Never leave an open fire, heated stove, oven or appliance unattended.
- Never leave a child alone in the kitchen during the food preparation.
- Guide your child to manage food waste and recyclables correctly. These habits taught from young prevent slip hazards, pests and bacterial growth, and help to care for the Earth.

Ingredients

- 400g lean chicken
- 600ml lower-sodium chicken stock (can be substituted with 1 cube lower-sodium bouillon dissolved in 600ml water)
- 12 fresh shiitake mushrooms
- 3 tbsp lower-sodium vegetarian mushroom / oyster sauce
- 1 tbsp healthier dark soy sauce
- ½ tbsp healthier tomato ketchup
- 500g wholegrain bee hoon
- 25g (3 tbsp) cornstarch, mixed with water into a slurry
- 200g leafy green vegetables, sliced
- 1 tsp healthier oil
- A pinch of salt
- 4 tsp sesame oil
- 1 tsp fried shallot crisps for garnishing (Optional)
- 1 tbsp chopped coriander for garnishing (Optional)
- 1 red chilli padi, sliced for garnishing (Optional)

Choose products with the Healthier Choice Symbol.
#Recipe not suitable for children under 1 year old

Method

1. Boil chicken in lower-sodium chicken stock. Cool and slice, then set aside.
2. Boil the mushrooms with lower-sodium oyster sauce, healthier dark soy sauce and tomato ketchup. Take out the mushrooms when plump and cut into thick slices..
3. Bring the remaining gravy to a boil. Add the cornstarch slurry to thicken gravy.
4. While the gravy is reducing, blanch the bee hoon in hot water until soft. Drain and set aside.
5. Blanch the vegetables in hot water with healthier oil and a pinch of salt. Drain and set aside.
6. Toss the bee hoon with sesame oil and top with gravy.
7. Garnish with chicken, mushrooms, vegetables, chilli, shallot crisps and coriander. Serve hot.

Tips

- Cut back on your sodium intake with healthier choice lower-sodium salt, sauces and seasonings.
- Use herbs and spices or umami-packed ingredients, such as mushrooms, instead of salt, for added depth of flavour.
- Cook vegetables lightly to retain their crunch and flavour. Overcooking will reduce their nutritional value.
- Leaner cuts of meat, such as chicken breast, lean pork and beef, are flavourful and lower in fat. Remove visible fat from meat before cooking to further reduce saturated fat content.



Involve your child in making this comfort food!

If you have a toddler, get your child to

- pull off yellowing or wilted parts of vegetables
- wash the greens and other ingredients in a basin
- help you measure ingredients. Provide hand over hand guidance where necessary
- tear to shreds the chicken – as an alternative to cutting
- pass you the ingredients to mix with the noodles
- hold the bowl down firmly as you mix cooked ingredients with the noodles
- sprinkle the different garnishes that are placed in small bowls for your child to hold

If you have a pre-schooler, have your child

- measure each of the ingredients needed
- stir as you hold the pot firmly. Provide hand over hand guidance if needed
- use a child-safe knife to cut the cooked chicken meat, vegetables, mushroom etc
- arrange ingredients based on the sequence of what goes into the pot
- separate seasonings from the rest of the ingredients

Take your child's learning a step further by getting them to ponder!

Here are some useful prompts to use with them:

For toddlers:

- "There are so many colours of ingredients. Which do you think is my favourite?" "Which is yours?"
- "Could you pass me the ketchup please?" (or any other ingredients you think your child can manage)
- "What ingredient should we add first to the bee hoon?"
- "Listen carefully when the gravy boils. Can you make that sound?"
- "Have a taste of this ketchup. What is it like?"
- "Do you like the taste of the salt or the ketchup? Why?"
- "Can you smell that gravy?" "Does it smell like anything familiar to you?"

For pre-schoolers:

- "Which ingredient has the most weight?" "Which is the least?" "How do you know?"
- "What do you think *low-sodium* oyster sauce means?" "Which other ingredients are we using that says 'low sodium'?"
- "How many uncooked ingredients are we using?"
- "How many different colours are there on this table of ingredients?"
- "The recipe says preparation time is 10 mins. Shall we see if it takes 10 mins or is our preparation time different?"