



Healthy with **KiDSTART** presents



What's FOR LUNCH?

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Learn how to make

Braised Mee Sua with Shredded Chicken



Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ)	244kcal
Protein	13.0g
Total fat	4.2g
Saturated fat	0.9g
Cholesterol	22mg
Carbohydrate	38.9g
Dietary Fibre	1.4g
Sodium	373mg

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.

Serves 4

Ingredients*

Mee Sua 200g

Chicken, skin removed, cooked and shredded 100g

Choy Sum, sliced 150g

Garlic, chopped 2 cloves

Canola olive oil spread 1 tsp*

Sesame oil 1 tsp*

Abalone sauce 2 tbsp*

Water 1½ cup

**Choose products with the Healthier Choice Symbol.*

Method

1. Pour boiling water over the mee sua to soften.
2. In another pot, blanch the choy sum.
3. Melt the spread in a pan. Add garlic. Stir-fry till fragrant.
4. Add 1½ cup of water and bring to a boil. Add the mee sua and braise.
5. Pour into a bowl and top with the chicken and choy sum.
6. Add sesame oil and abalone sauce. Serve hot.

Tips

- Cook vegetables lightly or until just cooked to retain their crunch and flavour. Overcooking will reduce their nutritional value.
- Leaner cuts of meat (such as skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To enhance their healthfulness, remove the visible fat and skin before cooking.
- Vegetables and fruits are rich in vitamins, fibre and phytochemicals (beneficial plant substances such as carotenoids and flavonoids) that help lower the risk for some cancers.



Involve your child in making this comfort food!

If you have a toddler, get your child to

- wash the vegetables
- peel the garlic
- shred the cooked chicken with their hands
- put their share of garnishing of vegetable and shredded chicken into smaller containers so as to help you add the final touches of this dish
- put in the mee sua in a container

If you have a pre-schooler, have your child

- measure the ingredients
- wash the vegetables
- shred the cooked chicken with their hands
- cut the choy sum with a plastic knife
- hand you each ingredient as you cook

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

Here are some useful prompts to use with them:

For toddlers:

- "Can you show me which is the chopped garlic?"
- "The mee sua is already cold. Can you taste and see if the mee sua is soft?"
- "Could you look into that box and get me a big spoon for stirring the pot?"

For pre-schoolers:

- "Can you name the ingredients?"
- "How much abalone sauce do we need?"
- "Why do you think we add the abalone sauce?"
- "Which ingredient is the heaviest?"