



Healthy with **KiDSTART** presents



What's FOR LUNCH?

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Learn how to make

Brown Rice Congee



Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ)	178kcal
Protein	10.6g
Total fat	4.3g
Saturated fat	0.6g
Cholesterol	31mg
Carbohydrate	24.6g
Dietary Fibre	1.6g
Sodium	339mg

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

Brown rice 180g
Ginger 4 slices
Garlic 4 cloves
Chicken thigh (or drumstick) 150g
Sesame oil 1 tsp
Carrots 50g
Chinese cabbage 50g
Shimeji mushrooms 50g
Spring onion, chopped 2 stalks
Water 10 cups
Salt & pepper, to taste

Method

1. Place the rice, garlic, ginger and water in a rice cooker and cook until the rice is soft.
2. Add the chicken. Simmer for 30 minutes, then add the carrots and Shimeji mushrooms. Let simmer for 1 hour.
3. Stir occasionally.
4. Mix in the seasoning and chinese cabbage.
5. Remove the chicken and shred it. Add the shredded meat (without the bones) to the porridge.
6. Simmer for another 15-20 minutes. Garnish with spring onions.

Tips

- Grilling or baking, instead of deep frying, is a great way to create tasty dishes that are healthier and lower in fat.
- 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

- pour the ingredients into the rice pot
- shred the cooked chicken with their hands
- add the garnish to the cooked porridge

If you have a pre-schooler, have your child

- hand you the ingredients as you cook
- measure the ingredients
- shred the cooked chicken with their hands
- wash the rice
- cut the cabbage and mushrooms with a plastic knife

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

Here are some useful prompts to use with them:

For toddlers:

- "What is something orange and crunchy?"
- "Can you show me where are the mushrooms?"
- "Touch the mushroom. How does it feel? Does it feel the same as the carrot?"

For pre-schoolers:

- "What do we add first to the rice? What goes in next?"
- "How do we know when the rice is soft?"
- "Which part of the body is the thigh of the chicken?"
- "Which ingredient is the heaviest?"