



Healthy with **KiDSTART** presents



# What's FOR LUNCH?

Brought to you by **PRUDENTIAL** 

Learn how to make

## Minestrone Pasta Soup



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.

## Ingredients\*

200g of dried wholegrain pasta\*

1 big onion, cut into cubes

2 stalks of celery, cut into cubes

1 small carrot, cut into cubes

2 big tomatoes, cut into cubes

Half a cucumber, cored and de-seeded, cut into cubes

100g of kidney beans, long beans and/or chopped vegetables of your choice

2L of vegetable stock

1 tbsp of butter

### Seasoning

3 tbsp of tomato ketchup\*

A dash of pepper

### Vegetable Stock

3 carrots, cut into chunks

3 stalks of celery, cut into sections

2 onions, cut into quarters

150g of soybeans (optional)

3 slices of ginger

4L of water

### Garnish (Optional)

1 tsp of chopped parsley

½ tsp of grated cheese\*

## Method

### To make the vegetable stock

1. Combine all ingredients in a large pot and bring water to a boil. Turn to low heat and let it simmer for at least 1 hour.
2. Strain the stock and it's ready to use.

### To make this dish

1. Cook pasta in a pot of boiling water following instructions on the packet or until soft.
2. Drain the pasta and set aside.
3. Heat a little butter in a pot until it melts. Add onions and stir-fry until fragrant.
4. Add all the cubed ingredients and vegetable stock. Bring to a boil.
5. Add in pasta and seasoning, and stir through.
6. Top with garnish, if using, and serve warm.

## Tip

- Store-bought vegetable stock can be used for this recipe. Use home-made stock whenever possible as it contains less salt.

\*Choose products with the Healthier Choice Symbol.



## Involve your child in making this comfort food!

If you have a toddler, get your child to

- wash the vegetables
- peel the onion
- gather and throw away the vegetable scraps
- place the different cut vegetables into separate containers ready for cooking

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

Here are some useful prompts to use with them:

**For toddlers:**

- "Which are the vegetables that you like? That mummy likes?"
- "Feel the celery and then the carrot. Do they feel the same?"
- "Which is the biggest ingredient?"
- "Which vegetable has a nice smell?"

**If you have a pre-schooler, have your child**

- wash the vegetables
- de-seed cucumber with a spoon
- cut the soft vegetables with a plastic knife
- measure the ingredients
- hand you each ingredient as you add to the pot

**For pre-schoolers:**

- "How much pasta do we need? Is that more than the kidney beans we need?"
- "What ingredients can you name?"
- "What shall we put in first? What's next?"
- "Which is the heaviest ingredient?"
- "What made the pasta turn from hard to soft?"