



Healthy with **KiDSTART** presents



# What's FOR LUNCH?

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Learn how to make

## Miso Sliced Fish 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\*

300g of fish fillet, cut into slices  
1 packet of egg tofu\* or silken tofu\*, cut into slices  
150g of cabbage, cut into small pieces  
1 big tomato, cut into quarters (optional)  
6 button mushrooms, cut into quarters (optional)  
2L of vegetable stock  
1 tbsp of miso paste  
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

\*Choose products with the Healthier Choice Symbol.

## 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. Boil the vegetable stock in a pot. Add miso paste, cabbage, mushrooms, tomatoes and boil until they soften.
2. Add fish and tofu. Bring to a boil.
3. Season with pepper. Serve warm.

## Tips

- Brightly coloured vegetables make the dish more attractive and appetising.
- Store-bought vegetable stock can be used for this recipe. Use home-made stock whenever possible as it contains less salt.
- Miso paste can be high in salt content. Use sparingly or choose lower-sodium miso paste where possible.



## Involve your child in making this comfort food!

### If you have a toddler, get your child to

- wash the vegetables
- put each ingredient into the pot
- hand you each item to be cut
- arrange cut items into different containers

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

- measure the ingredients
- wash the vegetables
- cut some tofu, mushrooms and cabbage with a plastic knife
- hand you each ingredient as you cook
- set the timer

## 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 your favourite ingredient here?"
- "What's your favourite colour among the ingredients?"
- "Taste the tomato. What does it taste like?"
- "Where is the celery?"

### For pre-schoolers:

- "Which is the softest ingredient here?"
- "How many types of vegetable are we adding to the vegetable stock?"
- "Taste and see which is crunchier? The carrot or the celery?"
- "What should we add first to make the stock?"
- "What is making the soup cloudy brown?"
- "Is the cooked fish softer than the tofu?"