



Healthy with **KiDSTART** presents



What's FOR LUNCH?

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Learn how to make

Japanese Chicken Noodle Soup



Recipe adapted from
EatingWell Test Kitchen

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.

Serves 8 Cook Time: 40 mins

Additional Time: 20 mins

Ingredients

2 tbsp cooking oil (e.g. canola/sunflower/soy bean)
1 cup chopped onion
2 large cloves garlic, minced
1 tbsp minced fresh ginger
8 cups low-sodium chicken broth
900g chicken breast, sliced, skin removed
3 cups sliced green cabbage
2 cups sliced shiitake or enoki mushrooms
2 cups sliced carrots
1¼ tsp salt
½ tsp ground pepper
3 cups cooked udon noodles or whole-wheat spaghetti
2 tbsp white miso

Method

1. Heat oil in a large pot over medium heat. Add onion and garlic and cook, stirring occasionally, until softened, 2 to 3 minutes.
2. Add ginger; cook, stirring, for 1 minute.
3. Add broth and chicken. Cover, increase heat to high and bring to a simmer. Uncover and cook, turning the chicken occasionally.
4. Skim any foam from the surface as the chicken cooks. Transfer the chicken to a clean cutting board.
5. When cool enough to handle, shred the chicken into pieces. This can be done with 2 forks or by peeling with hands.
6. Meanwhile, add cabbage, mushrooms and carrots to the pot; return to a simmer. Cook until vegetables are tender, 4 to 10 minutes.
7. Stir in the shredded chicken, salt, pepper and noodles and cook until heated through, about 3 minutes more. Remove from heat and stir in miso.

Tip

- Miso is a fermented soybean paste that adds flavour to dishes like soups and sauces. It is available in different colours; in general, the lighter the colour, the milder the flavour. Look for miso alongside refrigerated tofu. It keeps in the refrigerator for at least a year.



Involve your child in making this comfort food!

If you have a toddler, get your child to

- wash the vegetables and arrange them in containers to drain
- hand you items that need to be cut
- identify and pass you each item that goes into the soup

If you have a pre-schooler, have your child

- arrange the ingredients in sequence according to what goes into the soup
- use a child-safe knife to chop and mince the garlic, onions and ginger
- use a child-safe knife to slice the carrot, cabbage and mushroom
- hand shred the cooked chicken
- put the timer to 10 mins when cooking the vegetables in the soup

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 your favourite ingredient?"
- "Can you find ingredients that match the colours on my shirt?"
- "Can you show me an ingredient that is red in colour like your T-shirt?"
- "Let's count together how many vegetables are going into this dish?"
- "Can you show me the dry ingredients?"

For pre-schoolers:

- "Which ingredient has the strongest smell?"
- "What is the first ingredient that goes into the soup?"
- "How many types of sliced and shredded ingredients are going into the soup?"
- "Which is the softest ingredient here?"
- "Why is it called low-sodium chicken broth?"