



Healthy with **KiDSTART** presents



What's FOR LUNCH?

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Learn how to make

Stir-fried Vegetables with Braised Firm Beancurd



Recipe adapted from
Health Promotion Board

#Recipe not suitable for children under 1 year old

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.

Ingredients

1 piece of firm beancurd
150g of sweet peas
100g of green vegetables
of your choice (e.g.
broccoli, bok choy or
asparagus)
100g of carrot, sliced
1 tbsp of garlic, minced
1 tbsp of oil*
1 tbsp of corn flour
1 tbsp of water

Seasoning

2 tbsp of vegetarian oyster sauce*
1 tsp of dark soy sauce*
¼ tsp of sugar
A dash of pepper
3 tbsp of water or vegetable stock*

Firm beancurd marinade

2 tbsp of light soy sauce*
1 tbsp of dark soy sauce*
1 tsp of five spice powder
1 cup of water

*Choose products with the Healthier Choice Symbol.

Method

1. Mix together the marinade and add in the firm beancurd. Braise the firm beancurd until evenly coloured.
2. Cut braised firm beancurd into slices and set aside.
3. Heat oil in wok and stir-fry garlic until fragrant.
4. Add sweet peas, green vegetables and carrots. Stir-fry until vegetables are tender and cooked through.
5. Add seasoning and the sliced braised firm beancurd.
6. Make corn flour slurry by mixing corn flour with 1 tbsp of water till well combined.
7. Slowly pour in corn flour slurry into the sauce while stirring.
8. Serve the dish immediately when the sauce thickens.

Tip

- Soy products such as firm beancurd are good sources of protein, vitamins and minerals.



Involve your child in making this comfort food!

If you have a toddler, get your child to

- identify each ingredient as you name them
- peel the garlic
- pull off yellowing or wilted parts of vegetables
- wash the leafy vegetables and carrot
- measure the ingredients. Provide hand over hand guidance where necessary

If you have a pre-schooler, have your child

- measure the ingredients
- use a child-safe knife to slice the firm beancurd
- mix the marinade with a spoon and add the beancurd
- tell you what needs to be cooked in the pot and hand you each of the ingredients

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 name the vegetables that go into this dish?"
- "Let me know when the weighing scale reads 100g."
- "Can you point to the ingredients that are green in colour?"
- "Can you smell that gravy?" "Does it smell like anything familiar to you?"
- "How shall we eat this dish?" "Would we need utensils?"

For pre-schoolers:

- "Can you name all the ingredients?"
- "What is the first thing we have to cook? What is next?"
- "Can you name the ingredients? Shall we do it together?"
- "What was the fun part when making this dish?"
- "What is the first ingredient that goes into the wok?"