Healthy with KidSTART presents

What's for Lunch?

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Learn how to make

Cold Tofu with Braised Mushrooms



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.

Serves 4 **Prep Time: 10 mins** **Cook Time: 15 mins**

Ingredients

2 tsp healthier oil

1 tbsp garlic, minced

200g buna-shimeji mushrooms

A pinch of pepper

2 tsp lower-sodium soy sauce

1 tsp healthier dark soy sauce

5 tsp lower-sodium vegetarian mushroom or oyster sauce

1 box silken tofu, chilled

1 spring onion, chopped for garnishing (optional)

½ tsp fried shallot crisps for garnishing (optional)

½ tsp sesame oil for garnishing

Method

1. Add healthier oil and garlic in a pre-heated pan. Sauté till fragrant.
2. Add mushrooms and continue to stir-fry until they have softened. Season lightly with pepper.
3. Add lower-sodium soy sauce, healthier dark soy sauce and vegetarian mushroom or oyster sauce to the pan to create a sauce mixture. Add a spoonful of water if required to thin the sauce to desired consistency.
4. Remove tofu from packaging and plate.
5. Spoon the mushrooms and sauce over the tofu.
6. Garnish with spring onion, shallot crisps and sesame oil. Serve chilled.

Tips

- Cut back on your sodium intake with healthier choice lower-sodium salt, sauces and seasonings.
- Use herbs and spices or umami-packed ingredients, such as mushrooms, instead of salt, for added depth of flavour.



Involve your child in making this comfort food!

If you have a toddler, get your child to

- peel the garlic
- sprinkle the garnishes on the tofu
- pass you the different sauces to add to the mushrooms
- separate the items used for garnishing from those used for cooking

If you have a pre-schooler, have your child

- measure out some of the ingredients
- wash and chop the spring onions using a child-safe knife
- spoon the mushrooms and sauce over the tofu
- time how long it takes to cook the gravy

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

Here are some useful prompts to use with them:

For toddlers:

- "Is the mushroom soft or hard?" "What is another ingredient that is soft?"
- "Which are the ingredients we had to cut?"
- "What colours do you see in this dish?"
- "What else can we pour this mushroom gravy over?"
- "Can you point to the seasonings that go into the gravy?" "What are their names?"

For pre-schoolers:

- "Which smell do you prefer? The sesame oil or the fried garlic?"
- "Can you name all the ingredients?"
- "Which are the ingredients we will not be cooking?"
- "What do you think will be the taste of this gravy? Sour? Sweet or salty?"
- "Why do you think we added the water to the gravy?"
- "If we were to cook this dish again, what other ingredients would you add?"