Healthy with KidSTART presents

What's FOR LUNCH?

Brought to you by PRUDENTIAL

Learn how to make

Ginger-infused Steamed Egg



Recipe adapted from
Health Promotion Board

#Recipe is 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 3

Ingredients

2 whole eggs (about 60g each including the shell)

4 egg whites

2 cups (500ml) of milk*

2 tsp (10ml) of ginger juice, freshly grated

1 cup (160g) of frozen mixed vegetables, defrosted and thawed

Toppings

3 slices of carrot, cut into floral shapes and blanched

**Choose products with the Healthier Choice Symbol.*

Method

1. Mix eggs, egg whites, milk and ginger juice together in a bowl and whisk to combine.
2. Strain the mixture through a fine sieve to remove the bubbles.
3. Divide the vegetables into 3 bowls and pour in the sieved egg mixture. Each of the bowls should be 4/5 full.
4. Cover the bowls with aluminium foil and steam for 8-10 mins.
5. Top each bowl with one slice of blanched carrot and serve warm.

Tips

- Steaming is a healthy and low-fat cooking method that brings out the flavours of fresh ingredients.
- Substitute whole eggs with egg whites to reduce the cholesterol intake.
- Milk and dairy products provide calcium for strong teeth and bones.
- Mash the vegetables (especially if the mixed vegetables might have round items e.g. peas) if the dish is for children under 1 year old.



Involve your child in making this comfort food!

If you have a toddler, get your child to

- use a cookie cutter to make floral shapes from the carrot slices. Provide hand over hand guidance if needed
- sort into 2 groups - ingredients used for toppings and those to be cooked
- pour the liquids into the bowl for whisking
- strain the egg mixture through the sieve
- whisk the eggs, ginger juice and milk mixture as you hold down the bowl firmly. Provide hand over hand guidance if needed
- cover the bowls with aluminium foil. Provide hand over hand guidance if needed
- top each bowl of steamed egg with a blanched floral carrot

If you have a pre-schooler, have your child

- measure the ingredients and set them aside
- squeeze out the ginger juice
- crack the eggs and separate the yolk from the whites. Use an appropriate kitchen tool (Eg. A slotted spoon) if this makes the task easier for your child
- whisk the egg mixture
- strain the egg mixture through a sieve
- divide the vegetables into 3 bowls and pour in the sieved egg mixture
- cover the bowls with aluminium foil and place it in the steamer

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 vegetables are in the frozen package?"
- "Here are the frozen vegetables and here they are cooked. Are they different?"
- "Why do we cook the carrot flowers?"
- "Which is heavier? This egg or one cup of frozen vegetables?"
- "What utensil can we use to eat this steamed egg?"
- "Whose favourite dish would this be?"

For pre-schoolers:

- "What made the frozen vegetables soft?"
- "Let's use a timer and see how long it takes to steam the egg mixture."
- "What happened to the egg mixture after we steamed it?"
- "Why do you think we are straining the egg mixture?"
- "What else can we put into the steam egg the next time we cook it?"
- "Can you remember what we did first, next, and last?"
- "Would we have enough for everyone coming for dinner?"