

MAINS

VEGETABLE CHICKEN SOUP

SERVED WITH BEE HOON/NOODLES



INGREDIENTS *(Makes 1 toddler portion)*

- 1 block tofu, cut into small squares
- 25g of spinach/chye sim, chopped
- ¼ of a small carrot, cubed
- 1 tbsp of corn
- 2 tbsp steamed chicken, shredded
- 1 bowl rice noodles or bee hoon (cooked and cut into 2 to 5cm pieces)
- Water

METHOD:

- Remove spinach roots. Rinse and soak in water for 1 hour, before blanching spinach/chye sim for 1 minute. Drain and set aside.
- Add carrots, corn, tofu and the shredded chicken into boiling water. Let it boil for approximately 5 – 10 minutes before adding in the chopped spinach/chye sim.
- Let the soup simmer until all ingredients are cooked.
- Mix cooked rice noodles or bee hoon with the soup and bring it to boil before serving.

HEALTHY EATING TIPS ≡

Fresh or pre-packed tofu and dark green leafy vegetables are rich in calcium and are ideal for your child's healthy bone growth and development.

COOKING TIPS ≡

Instead of spinach, you can use other calcium-rich dark green leafy vegetables such as bok choy, chye sim, kale and mustard green. Replace chicken with tofu if you are making a vegetarian dish.

