

MAINS

SHRIMP, CARROT AND BROCCOLI 'RISOTTO'



INGREDIENTS *(Makes 1 toddler portion)*

- 3 fresh or frozen shrimps
- 2 broccoli florets
- ½ of a small carrot
- ½ bowl soft rice
- ½ tsp minced ginger and garlic

METHOD

- Remove the intestines from the shrimps. Rinse and pat dry.
- Cut the shrimps and broccoli into small pieces. Blanch the broccoli for 1 minute.

- Shred the carrot and set aside.
- Heat a little oil in a pan. Lightly stir fry garlic and ginger. Stir in the carrot and shrimp and then the broccoli. Stir-fry until cooked. Set aside.
- In a pan, bring cooked rice and 2 – 3 tablespoons of water to a boil. Stir in the broccoli, carrot and shrimp pieces. Cook until rice becomes soft and creamy.



HEALTHY EATING TIPS

To increase your toddler's vegetable intake, you can serve sauce or soup with mashed vegetables. Instead of pumpkin, you can also use avocado, spinach, tomato or green peas to make the pasta sauce.

COOKING TIPS

Instead of pan-frying, you can either steam or bake the fish in the oven. You can also use other fish such as sole fillet, thread fin or cod.