

MAINS



CASHEW NUT FRIED RICE

1-2 YEARS OLD



INGREDIENTS *(this recipe serves both mummy and child!)*

- 1 bowl cooked rice (mix brown and white rice)
- 40g chopped bell peppers (any colour)
- 5 prawns (minced)
- 8 pieces salted cashew nuts
- 3 broccoli florets
- 1 teaspoon garlic (minced)
- 1 egg
- ½ tablespoon cooking oil

STEPS

1. Wash, chop, and blanch broccoli florets. Set aside.
2. Heat oil in a pan. Quickly fry minced garlic.
3. Add in the egg.
4. Add bell peppers and prawns.
5. Add broccoli florets and stir-fry for 3-5 minutes.
6. Add rice and mix well.
7. Add cashew nuts and stir-fry for another 1-2 minutes. (If your baby is allergic to nuts, replace with raisins.)

HEALTHY EATING TIP

You may add some turmeric as seasoning.

