SHRIMP, CARROT AND BROCCOLI ‘MUI FAN’

INGREDIENTS (Makes 1 toddler portion)
• 3 fresh or frozen shrimps
• 2 broccoli florets
• ½ of a small carrot
• ½ bowl soft rice
• ½ tbsp 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
You may also replace broccoli with other vegetables such as spinach, bok choy, sawi or mashed peas.

Give Baby the right nutrition at every growth stage. See more recipes at healthhub.sg/earlynutrition