VEGETABLE CHICKEN SOUP
SERVED WITH BEE HOON/NOODLES

INGREDIENTS (Makes 2 toddlers portions)
- 1 block tofu, cut into small squares
- One small bunch of spinach/ chye sim, chopped
- ⅛ 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.

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