

# Healthy with **KidSTART**

Easy-to-cook healthy recipes by Charlotte Mei



Listening. Understanding. Delivering.

## One-Pot Chicken Rice

The easiest chicken rice recipe that needs no supervision and doesn't require much washing up! This dish contains all the required components of your Healthy Plate - wholegrain carbohydrates, lean protein, and leafy green vegetables. You wouldn't need to season the dish much if you're using chicken broth, however if you're using water, feel free to add a pinch of salt into the rice cooker along with the rest of the ingredients.



### Ingredients

- 2 cups brown rice, washed
- 350ml chicken broth, or as needed
- 2 chicken thighs, skins removed
- 2 pandan leaves, knotted
- 3 inches of ginger, smashed
- 3 garlic, smashed
- 4 bunches baby kailan
- 2 teaspoon sesame oil
- Optional: black sauce, chilli



	PER 388G SERVING	%RI
Energy (Kj)	2966 kj	35%
Energy (Kcal)	704 kcal	35%
Fat	16 g	23%
of which saturates	3 g	15%
Carbohydrate	100 g	38%
of which sugars	2.4 g	3%
Fibre	8.5 g	34%
Protein	36 g	72%
Salt	0.75 g	13%

### Method

- 1 Add rice, ginger, garlic and pandan leaves into a rice cooker pot
- 2 Pour in the chicken broth and place the chicken thighs on top.
- 3 Set to cook.
- 4 In the last 5 minutes of cooking, open the rice cooker and place the baby kailan on top. Close the cooker and leave to finish cooking.
- 5 Once done, remove the kailan, chicken, and pandan, and fluff up the rice.
- 6 Serve, and drizzle with some sesame if you like. Optionally, you can also eat it with your favourite chilli and black sauce. Enjoy!



To learn more about good eating habits and preparing nutritious meals for your child's development, scan the QR code and register for the upcoming Healthy with KidSTART Workshop.

## Healthy Ingredients



These smell lovely! Knot them up and place in your kitchen cabinets to keep them smelling fresh, or make some tea out of it: place a knotted leaf into a pot and pour hot water over to soak the leaves.

Kailan is a versatile vegetable that is easy to use in a number of dishes. Because baby kailan is soft and tender, it's a great vegetable to add into your child's diet. It is a good source of calcium and iron too.

Let's play

## WORD SEARCH

CHICKEN

GINGER

KAILAN

RICE

PANDAN

Collect three Word Search recipe cards from **September to December** and submit your answers to KidSTART for a chance to receive a bag of fruits!

K B U T Y Y V E G H K K F M Y U M  
 Z G C J B G M O B E U A N A X D G  
 Y M W C H I C K E N O Y I U Q Q F  
 S C U F G N K S C T P R I L U M C  
 U Z R T F G O R Z N T I T G A Z Z  
 T X I U Y E I D E G P A N D A N F  
 C A C F D R N G G T W C X G I G T  
 Z E E P E O I Y H R R Z B H O I E



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Scan the QR code to update the KidSTART team with your new address.