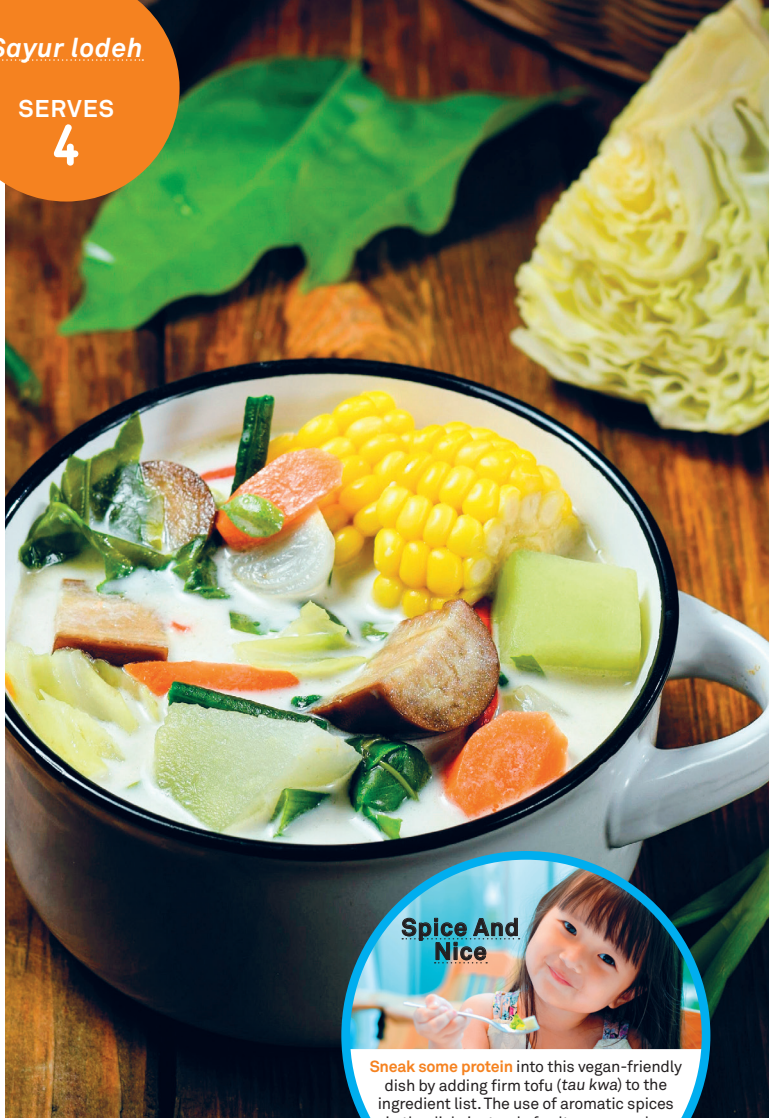


# SAY YES TO SAYUR

A rich but mild vegetable curry to tickle the taste buds of little ones.

## Sayur Iodeh

SERVES  
4



### Spice And Nice

Sneak some protein into this vegan-friendly dish by adding firm tofu (tau kwa) to the ingredient list. The use of aromatic spices in the dish, instead of salt or sugar, also infuses it with rich flavour and is a great way to expand children's palates.

## → WHAT YOU'LL NEED

- 1 chayote (about 250g)
- 4 stalks long beans (about 150g)
- 1 carrot
- ¼ head cabbage
- 1 cob corn
- 1 eggplant
- 1 tbsp oil\*
- 150ml reduced-fat coconut milk
- 1l water
- 2 or 3 salam leaves (or bay leaves)



Cabbage



Long beans



Corn



Eggplant



Carrot



Chayote



Salam leaves



Coconut milk



Water



Oil

### FOR SPICE PASTE:

- 8 shallots
- 4 cloves garlic
- 2 stalks lemongrass
- 2.5cm galangal
- 1.5 tsp coriander seeds
- 4 candlenuts



Garlic



Shallots



Lemongrass



Galangal



Coriander seeds



Candlenuts

## Follow these steps

1. Peel and slice chayote. Cut all vegetables into bite-sized pieces. Set aside.



2. Peel spices and chop finely. Grind into a smooth paste with a mortar and pestle, or use a blender with a little water added.



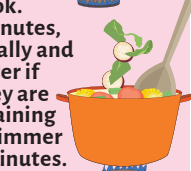
3. Heat oil in a pot over medium heat. Add spice paste and stir-fry for about 5 minutes until fragrant.



4. Pour in coconut milk and water. Add salam leaves. Stir to combine.



5. Add long beans and carrot, which take longer than the other vegetables to cook. Simmer for 10 minutes, stirring occasionally and adding more water if needed, until they are tender. Add remaining vegetables and simmer for a few more minutes.



**TIP!** Do not let the stew come to a rolling boil or the coconut milk will curdle.

6. Remove salam leaves from the pot and turn off heat. Serve with white or brown rice.



## Eat Your Greens

➤ Besides being nutrient-rich, vegetables support healthy digestion and are low in calories. Cut them into creative shapes and designs to make eating veggies appealing and fun for children. Always fill half of your child's plate with fruits and vegetables.

Find out more at [www.healthhub.sg/live-healthy/514/Benefits%20of%20Fruit%20and%20Vegetables](http://www.healthhub.sg/live-healthy/514/Benefits%20of%20Fruit%20and%20Vegetables).

\*Choose oil with the Healthier Choice Symbol.