

10-Minute
Prep Meals



Let your child lend
a hand with the prep.
It's an easy way to get
them excited about
what's on the plate.

ONE POT PUMPKIN ★ MUSHROOM RICE



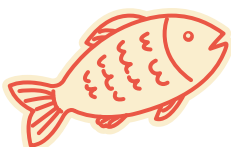
ONE POT PUMPKIN

* MUSHROOM RICE

INGREDIENTS



- 400ml water
- 300g shimeji mushrooms
- 100g pumpkin, cut into cubes
- 100g white fish fillets, cubed
- 100g white rice, washed and drained
- 100g brown rice, washed and drained
- 100g spinach, chopped into 1-inch pieces
- 50g dried shiitake mushrooms
- 4 cloves garlic, minced
- 1 tbsp oyster sauce HCS*
- 2 tsp oil HCS*, split into 2 portions
- 1 tsp light soy sauce HCS*



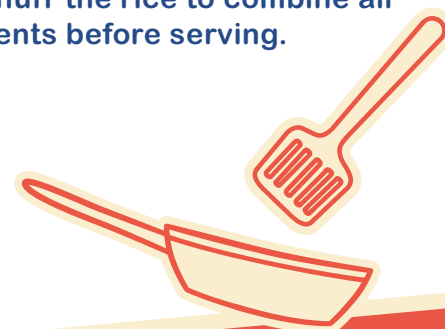
Eat All Foods in Moderation

*Use ingredients with the Healthier Choice Symbol (HCS) for a more nutritious meal!

METHODS



1. Soak the dried shiitake mushrooms in water for 10 minutes. Reserve the water and slice the mushrooms thinly.
2. Heat 1 teaspoon of oil in a medium pot and cook both the shimeji and shiitake mushrooms until softened and fragrant. Remove and set aside.
3. Add the remaining oil, then cook the pumpkin for a few minutes until slightly softened. Stir in the garlic and cook until fragrant.
4. Return the mushrooms to the pot. Add the white rice, brown rice, fish and reserved mushroom soaking liquid. Then, stir in the oyster sauce and light soy sauce.
5. Bring to a gentle simmer and cook uncovered for about 20 minutes.
6. Scatter the spinach over the rice, cover the pot and turn off the heat. Allow the residual heat to steam the spinach for 10 minutes.
7. Gently fluff the rice to combine all ingredients before serving.



TIP: Using the water used to rehydrate the dried shiitake mushrooms adds a natural savoury flavour and enhances the overall taste of the dish.