



Fine Foods for our  
Budding Gourmets



NO Artificial Colours,  
Flavours or Additives



NO Preservatives



NO Added Sugar  
or Salt

# Baby Stews

New!

All Natural Asian-Inspired Traditional Flavours

As our babies grow, we want to introduce **interesting flavours** to **expand their palate repertoire** and where better to start than our time honoured, Asian heritage dishes? Jointly developed with **Food Innovation & Research Centre (FIRC)**, these delicious and nutritious baby stews are **proudly "Made in Singapore"**.

- ♥ **Yummy & Nutritious** - Contains generous portions of meats, vege, mild spices and herbs to make it naturally tasty!
- ♥ **Lovingly Created** - Multiple tastings with baby-mummy groups before recipe finalization. Bits of Carrot, Radish and Huai Shan added to encourage chewing.
- ♥ **Sanitary Preparation Process** - Packaged, sealed in a 4-layer thick, food grade aluminium pouch before going through a high heat process to remove bacteria.
- ♥ **Good Value** - 160g of pure-ingredients-in-a-pouch, easily yield a 2-meals portion for a baby less than a year old, esp. if you add baby's carbs to it. Keep remainder sealed in a container, in fridge. Use within 48 hours.
- ♥ **Versatile Meals** - Can be stirred into your baby's porridge, gravy for carbs, a tasty bread dip or a broth base. For older kids, just add staples, chunky ingredients, sprinkle some salt/ pepper or seaweed mix.



Look Behind  
for Recipe and  
Feeding Tips!



# Choosing Fish For Your Little One

Fish is **protein-rich**, **high in omega-3 fatty acids** which support **eyes, brain and heart development**. No wonder fish is the **first choice of meat** for mums feeding their babies!

Choose fresh, white fishes that are mild in flavour. **Avoid fishes high in mercury**. Common fish fillets being fed to SG babies are **Salmon** and **Threadfin**. Chilean Seabass (also sold as cod), Batang (Spanish Mackerel) and Red Snapper, have higher mercury levels and hence, **consumption should be limited**.

Some points to look out for when purchasing fresh fish, the "white" fish should **look firm** and may have a bit of pinkish hue near the "inside" of the filet. Fresh whole fish also should have **bright red gills free from slime** and should **smell fresh**, mild, free of ammonia.



#bibgourmet

## Steam Salmon Fish with Lotus Root, Chicken & Huai Shan Stew

Prep time 10 mins, cook time 10 mins

### -Ingredients-

- 1 Bib Gourmet **Lotus Root Stew** (use half & keep the other half refrigerated)
- 1/3 fillet of salmon or any other fish, approx. 35-40g (deboned, ask your fish grocer for baby's cut)
- 3 small cherry tomatoes or 1 local tomato (skin removed and cut into bite size)
- 3 pieces of yellow ginger (sliced thin)
- 1 teaspoon olive or coconut oil
- Sprinkle of Salt (Optional for toddlers & older kids)

1. Bring water to boil in a deep pot.
2. Pat fish fillet dry with a paper towel.
3. Sprinkle salt (optional) & rub olive oil on salmon.
4. Add ginger and cherry tomatoes.
5. Add in the spinach leave on top of the salmon fish. Now steam the spinach for additional 5 mins.
6. Remove ginger slices. Flake the fish to the size suitable for your 12-month old baby. Check for any fine bones as you flake.
7. Pour out about half the Bib Gourmet stew and mix into the flaked salmon. Mash the spinach and tomatoes together. Serve with baby portion's of steamed rice or noodles.

Bib Gourmet is created for budding baby gourmets going through their weaning journeys. Made with premium ingredients with no nasties, it tastes great and is affordable—#madewithlove just like mommy's own cooking for her baby! With Bib Gourmet, moms can spend less time in the kitchen to have more precious quality time with their little ones

Produced by Green Capsule Organics  
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