

RECIPES FOR YOUR LITTLE ONE

As your baby begins his journey to discover solid foods, here are some nutritious and yummy recipes to get you started.

PUMPKIN & SALMON RICE PORRIDGE

6-9 MONTHS

INGREDIENTS *(Makes 1 baby portion)*

- 3 tbsp of pumpkin, skin and seeds removed, cut into 1cm cubes
- 2 tbsp flaked salmon
- 1½ bowl thin porridge

METHOD:

- Steam pumpkin cubes for 10 – 15 minutes until soft. Mash pumpkin and fish together using a fork. Set aside.
- Bring porridge to a boil. Stir in mashed fish and pumpkin. Lower to medium heat.
- Cook for another 2 minutes and serve.



COOKING TIP:

Instead of pumpkin, you can use any melon-type or root vegetables such as winter melon, palm melon, sweet potatoes, carrots, etc.



RICE CEREAL WITH SPINACH & EGG YOLK

6-9 MONTHS

INGREDIENTS *(Makes 1 baby portion)*

- 6 level tbsp infant rice cereal
- 160ml breast/formula milk
- 5 pieces of spinach leaves
- ½ egg yolk

METHOD:

- Wash the spinach and soak in water for 1 hour. Blanch in water. Drain and chop finely and grind through a strainer to make a smooth vegetable puree.
- Place an egg in a pot. Add water and bring to a boil. Cook the egg for 10 minutes until done. Remove egg shell and take out ½ the egg yolk.
- Mash with a fork and mix with a small amount of water to form a puree.
- Mix milk with baby rice cereal as directed on packaging. Add vegetable and egg yolk puree and mix well to serve.



HEALTHY EATING TIP:

Most infant rice cereals are enriched with iron. This is an important source of iron for babies who are not ready to eat meat.

CHICKEN & MUSHROOM PIE

10-12 MONTHS



INGREDIENTS *(Makes about 6 baby portions)*

- 1 large potato, peeled and diced
- 1 tbsp breast/formula milk
- 1 tsp cooking oil
- ½ small onion, peeled and diced
- 4 mushrooms, diced
- 2 tbsp frozen vegetables (carrot, corn, green peas)
- 100g chicken breast, diced
- 100ml water
- 1 tsp corn flour
- 1 tbsp soft cheese

METHOD

- Boil the potato in water until tender. Drain well. Add the milk and mash.
- In a pan, heat the oil and fry the diced onion for several minutes to soften.
- Add the diced mushrooms, frozen vegetables, chicken and water and cook for 15 minutes until the chicken is cooked.
- Blend the corn flour with a little water to make a smooth paste and add to the mixture. Bring to the boil and cook for a few minutes to thicken the mixture.
- Add the mashed potato and soft cheese. Mix well.
- Chop or mash to the desired consistency.



CARROT & LENTIL SOUP

10-12 MONTHS

INGREDIENTS *(Makes 6 baby portions)*

- ½ tbsp cooking oil
- ½ small onion, peeled and diced
- ½ tsp finely chopped garlic/garlic paste
- 1 large carrot, peeled and diced
- 50g dried lentils
- 300ml water

METHOD

- Heat the oil in a large pan, add the onion, garlic and carrots and fry gently. Stir regularly for 5 minutes.
- Add the lentils and water and bring to the boil, stirring occasionally.
- Simmer for about 20 minutes with a lid on until the lentils are soft.
- Mash to make the soup texture you want and cool before serving.
- You may serve the soup with pita bread.

HEALTHY EATING TIP: Including mashed vegetables in soups is a good way to increase your child's vegetable intake. You can use pumpkin or sweet potato instead of carrots if desired.

