

Once your baby can manage smooth purées, the next step is learning how to chew. At this stage it's about introducing foods with a little more texture, like foods that have been mashed.

## Bright starts breakfast bowl

2 portions

Prep 5mins

Cook 10mins

### Ingredients:

- 1 banana, peeled, cut into thirds and frozen
- 2 broccoli florets (about 40g/ 1 1/2 oz)
- 1 tablespoon rolled oats
- 1 1/2-2 tablespoons whole milk or milk of choice, plus extra if needed
- 1 ripe baby avocado, halved, stoned and flesh scooped out
- 1/4 teaspoon ground cinnamon
- Lightly toasted bread, buttered and cut into fingers, to serve

### Method:

1. Take the banana out of the freezer to soften slightly while you prepare the rest of the ingredients.
2. Meanwhile, steam the broccoli in a saucepan over a medium heat for 8 minutes or until the florets are tender (you can cook them in a microwave or an airfryer) Place under cold running water until cold.
3. Place the oats in a food processor or blender and blitz to a powder, then pour in the milk
4. Add the softened banana, avocado, cinnamon and cooked broccoli
5. Blend until smooth and creamy, adding a splash more milk if needed-it should have the consistency of a very thick milkshake
6. Spoon the mixture into bowls and serve with fingers of lightly toasted bread for dunking

# Herby Scrambled egg

1 portion

Prep 5mins

Cook 5mins

## Ingredients:

- 1 egg, lightly beaten
- 1 tablespoon whole milk or milk of choice
- 1/4 teaspoon dried oregano
- 5g 1/8 oz unsalted butter
- 10g 1/4oz frozen chopped spinach, defrosted
- Lightly toasted bread, buttered and cut into fingers, to serve

## Method:

1. In a bowl, beat the egg with the milk and oregano
2. Melt the butter in a small saucepan over a medium-low heat. Add the egg mixture to the pan and cook, stirring continuously, for 1-2 minutes until scrambled
3. Stir in the spinach and warm through briefly
4. Serve the eggs with fingers of toasted bread on the side

# My first chicken curry

2 portions

Prep 10mins

Cook 20mins

## Ingredients:

- 2 teaspoons olive oil
- 1 skinless chicken breast (about 100g)
- 30g / 1oz white basmati rice, rinsed
- 30g / 1oz frozen peas
- 30g / 1oz cauliflower florets, finely grated
- 1/4 teaspoon mild curry powder
- 1/4 teaspoon ground tumeric
- 200ml/7oz unsweetened coconut drinking milk or whole milk or milk of choice

## Method:

1. Heat the oil in a small saucepan over a medium heat. Add the chicken and cook, turning once, for 4 minutes or until starting to turn golden. Remove from the pan and set aside

2. Add the rice to the pan with the peas, cauliflower and spices and mix until combined. Place the chicken breast on top of the rice mixture. Pour over 175ml of the coconut milk or milk and bring to the boil. Reduce the heat to low, cover with a lid and simmer for 12-15 minutes until the rice and chicken are cooked
3. Remove the chicken, roughly chop, then place in a mini food processor with the remaining coconut milk or milk and process until very finely chopped
4. Using a hand blender, mash the cooked rice and pea mixture in the pan to a course puree, adding more milk if needed and making sure the peas are broken down. Stir in the chopped chicken into the rice mixture and serve

# **Pea and ham bake**

**Can be enjoyed by the whole family**

**7-9 months**

**4 portions**

**Prep 10mins**

**Cook 20mins**

## **Ingredients:**

- 100g white pasta
- 2 mushrooms (35g)
- 1/2 small onion, peeled (35g)
- 1 garlic clove, peeled and crushed
- 1/2 tbsp fresh basil
- 40g ham
- 1 tsp vegetable oil
- 100g tinned chopped tomatoes (1/4 can)
- 1 tsp tomato puree
- 40g frozen peas
- 50ml water

## **Method:**

1. Preheat the oven to 180°C / 350°F / Gas Mark 4.

2. Bring a pan of water to the boil, cook the pasta for 10 to 12 minutes until soft. When cooked, drain and place in an oven proof dish, make sure the pasta only half-fills the dish.
3. Chop the mushrooms, onions, garlic, basil and ham.
4. Heat the oil in a saucepan and add the onions, garlic and mushrooms until softened (2 to 3 minutes).
5. Add the chopped tomatoes, tomato purée, water and peas – stir, cover and simmer for 5 to 10 minutes (until the sauce has thickened slightly).
6. Add the basil and diced ham.
7. Pour the sauce over the pasta and mix well. Place in the oven for 10 minutes.
8. Allow to cool. Blend or mash the pasta bake until smooth with soft lumps. Serve a quarter in a bowl with fork or spoon.

# Creamy hotpot

Family favourite for all ages

4 portions

Prep 15mins

Cook 25mins

## Ingredients:

- ½ medium leek
- ½ medium carrot, peeled
- 1 small potato, peeled
- 1 tbsp green beans
- 1 small chicken breast fillet
- ½ tbsp vegetable oil
- 150ml water
- 1 small spear broccoli
- 1 tbsp full-fat cream cheese

## Method:

1. Chop the leeks, carrots and potatoes. Trim and chop the beans. Dice the chicken.
2. Heat the oil in a large pan. Add the chicken and fry for 2 to 3 minutes.
3. Now add the leeks, carrots, potatoes, green

beans and water, bring to the boil, cover and simmer for about 20 minutes until the chicken and vegetables are cooked. If you'd like extra sauce, add a little more water during cooking.

4. Meanwhile, bring a small pan of water to the boil, add the broccoli and cook for 3 to 4 minutes until soft (or microwave if you prefer).
5. Turn the hotpot off the heat and stir in the cream cheese.
6. Blend or mash the cooked hot pot until it is smooth with soft lumps. Serve  $\frac{1}{4}$  of the hotpot with the cooked broccoli as a finger food.

Tip:

You could replace the chicken for haddock if you fancy trying a fish dish

