

Name of Food	Ingredients	Method
Weaning recipe: Chicken meatballs	<ul style="list-style-type: none"> • ½ celery stick, cut into small chunks • 1 small carrot, cut into small chunks • 500g boneless skinless chicken thighs, cut into chunks • a few chives, snipped • oil, for greasing <p>To serve</p> <ul style="list-style-type: none"> • boiled rice • steamed broccoli 	<ol style="list-style-type: none"> 1. Heat oven to 200C/180C fan/gas 6. Blitz the celery, carrot, chicken and chives in a food processor until finely chopped. You may need to use a spatula to scrape the sides of the bowl a few times. 2. Shape into small meatballs. <i>If freezing, space out on a tray and put in the freezer. Once frozen, transfer to a freezer bag and take them out when needed. Defrost thoroughly in the fridge before cooking.</i> 3. To cook, put on a baking tray lined with greased foil and bake for 10 mins or until browned and cooked through. <ol style="list-style-type: none"> 1. Served with boiled rice and steamed broccoli.