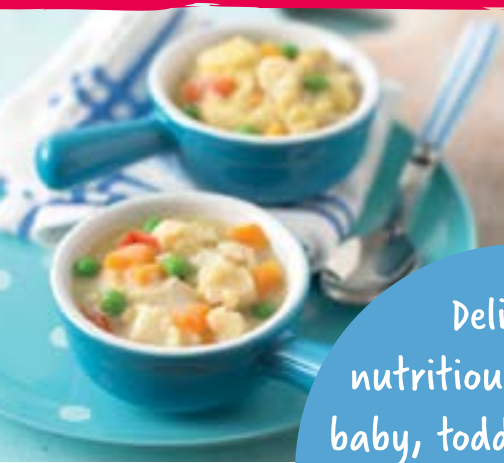


# ANNABEL KARMEL'S FAVOURITE RECIPES



Delicious,  
nutritious recipes for  
baby, toddler & family



# Introduction

Thank you for joining the Annabel Karmel Club and for downloading this introductory collection of some of our most popular recipes. Here you will find something for everyone from babies to toddlers and the whole family. Additionally, you will find a lot more exciting recipes on our website as well as on our app. This is just a “taster” to get you going!



Since launching with The Complete Baby and Toddler Meal Planner more than two decades ago, Annabel has written 44 books, which have sold over 5 million copies worldwide, covering every stage of a child's development. With the sole aim of helping parents give their children the very best start in life, Annabel's tried-and-tested recipes have also grown into a successful supermarket food range. From delicious Organic Baby Purées to her bestselling healthy chilled meals, these offer the goodness of a home-cooked meal for those busy days.

In joining our club, you will now have access to further exclusive recipes and content, insider news, advice, competitions, vouchers, promotional offers and much more. Please spend some time looking around our website and make sure to visit us again to take the best advantage of your Annabel Karmel Club membership.

Best wishes

*Annabel Karmel*



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# First Foods

**First foods should be simple, easy to digest, and unlikely to provoke an allergic reaction. Start with a single ingredient, ideally a fruit or vegetable.**

**Root vegetables like carrots, sweet potato and butternut squash are very popular first foods; they have a naturally sweet flavour and can easily be puréed to a smooth texture. Mix them with a little breast or formula milk to ease the transition.**

It's important to choose fruits that are ripe, with a good flavour; taste them yourself before giving them to your baby.

## **First vegetables**

Carrot • potato • swede • parsnip  
• pumpkin • butternut squash  
• sweet potato

## **First fruit**

Apple • pear • banana • papaya • avocado

Banana, papaya and avocado don't require cooking, provided they are ripe. They can be puréed or mashed on their own, or together with a little breast or formula milk.

Bananas aren't suitable for freezing. Bananas and avocado make the perfect convenience food, as they come with their own packaging! These nutritious fruits are easy to mash with a fork; if you warm a peeled banana in a microwave, it's even easier, but make sure it's cool before giving it to your baby.

## **After first tastes**

Around five or six months, once first tastes have been accepted (and depending on your baby's age when you started weaning), you can start to combine flavours and be a bit more adventurous with the foods you offer. Green vegetables are full of important nutrients and can be mixed with root vegetables such as sweet potato or carrot, to give them a sweeter taste.

## **After first vegetables**

Courgette • cauliflower • broccoli • peas  
• spinach • sweetcorn

## **After first fruit**

Berries (such as blueberries, strawberries and raspberries) • mango • plum • peach





## Apple

Put the apples into a heavy-based saucepan, along with the water or apple juice. Cover, bring to the boil and simmer gently for 6–8 minutes, until really tender. Alternatively, steam the apples for 7–8 minutes.

Purée in a food processor or using a hand blender. If steaming, you could use some of the water from the bottom of the steamer to thin out the purée.

- 5 MINUTES
- 10 MINUTES
- 4 PORTIONS
- SUITABLE FOR FREEZING

2 sweet dessert apples (such as Pink Lady, Royal Gala or Jazz), peeled, cored and chopped  
4–5 tablespoons water or pure unsweetened apple juice

*As a variation, you could add cinnamon. Simply add a cinnamon stick to the saucepan with the apples, then remove it before puréeing.*





# leek, swede, sweet potato and sweetcorn

- 🕒 10 MINUTES
- 🕒 20 MINUTES
- 👤 4-6 PORTIONS
- ❄️ SUITABLE FOR FREEZING

a knob of butter  
1 medium leek, washed,  
peeled and chopped  
125 g (4½ oz) swede, peeled  
and chopped  
100 g (3½ oz) sweet potato,  
peeled and chopped  
50 g (2 oz) tinned or frozen  
sweetcorn  
250 ml (8 fl oz) breast or  
formula milk  
200 ml (7 fl oz) water

Melt the butter in a saucepan. Add the leek and fry for 2 minutes, then add the remaining ingredients. Cover, bring to the boil, then simmer for 15 minutes, until all the vegetables are tender. Blend until smooth, using an electric hand blender.





## Sweet potato with broccoli and peas

Steam the sweet potato for 3 minutes. Add the broccoli florets and steam for another 4 minutes. Add the frozen peas and steam for 3 minutes. Blitz the vegetables using an electric hand blender, together with about 75 ml (2½ fl oz) of the water from the bottom of the steamer.

- 7 MINUTES
- 10 MINUTES
- 3 PORTIONS
- SUITABLE FOR FREEZING

1 small sweet potato (300 g/  
11 oz), peeled and chopped  
60 g (2 oz) broccoli florets,  
washed  
40 g (1½ oz) frozen peas



## Butternut squash, sweetcorn and peas





Steam the butternut squash for 12 minutes, until soft. Add the sweetcorn and peas and cook for another 4 minutes. Blend the vegetables using a hand blender, and stir in 2 tablespoons of water from the steamer.

- 7 MINUTES
- 16 MINUTES
- 5 PORTIONS
- SUITABLE FOR FREEZING

350 g (12 oz) butternut  
squash, peeled, deseeded  
and chopped  
30 g (1 oz) tinned or frozen  
sweetcorn  
50 g (2 oz) frozen peas

*Left: Sweet potato with broccoli and peas*

# Peach, apple, pear and banana

-  7 MINUTES
-  7 MINUTES
-  3 PORTIONS
-  SUITABLE FOR FREEZING

- 1 ripe peach, skinned (*see box below*), stoned and chopped
- 1 dessert apple, peeled, cored and chopped
- 1 pear, peeled, cored and chopped
- 1 small banana, peeled and sliced
- 4 tablespoons water



*To remove the skin from any soft fruit such as a peach, cut a cross in the base using a sharp knife. Put in a bowl and cover with boiling water. Leave for 1 minute. Drain and rinse in cold water. The skin should peel off easily.*





## Exploring New Tastes

**Between six and nine months, once first tastes have been accepted, you can start to increase the amount and variety of food you give your baby. She is now likely to be taking regular meals each day, but it is important to let her set the pace – every baby is different when it comes to how much they want to eat. Your baby will be developing quite rapidly at this stage.**

At seven months, most babies still need support when sitting and have yet to cut their first tooth; however, by nine months, it's likely that your baby will be sitting unsupported and possibly have a few teeth. This means that during this phase she will develop rapidly when it comes to eating.

This chapter aims to guide you through introducing new textures and flavours, to ensure that the foods you offer are compatible with your baby's stage of development. This section looks at the types of foods to try, and how to go about it.

The second stage of weaning marks the introduction of a wide range of foods. Babies grow more rapidly in their first year than at any other time in their life; beyond six months it isn't enough to continue giving just fruit and vegetables, as they are low in calories. At this age, babies also need nutrient-dense foods. Chicken and other meats are unlikely to cause allergies and, as they are a good source of iron, they should form a significant part of your baby's diet. To begin with, it's a good idea to mix chicken or meat with something sweet flavoured, such as a root vegetable or a fruit like apple. Slow-cooking meat – in a beef casserole, for example – is a great way to ensure that the meat is tender.



## Mediterranean medley

🕒 12 MINUTES

📅 30 MINUTES

👤 8 PORTIONS

❄️ SUITABLE FOR FREEZING

1 tablespoon olive oil  
1 medium onion (140 g/  
5 oz), peeled and chopped  
1 small courgette  
(125 g/4½ oz), washed  
and chopped  
½ red pepper (50 g/2 oz),  
washed, deseeded and  
chopped  
75 g (3 oz) aubergine,  
washed and chopped  
1 garlic clove, crushed  
175 g (6 oz) butternut  
squash, peeled, deseeded  
and chopped  
400 g (14 oz) tinned  
chopped tomatoes  
100 ml (3½ fl oz) water  
2 tablespoons chopped basil  
40 g (1½ oz) Cheddar cheese,  
grated

Heat the oil in a saucepan. Add the onion and fry for 2 minutes. Add the courgette, pepper, aubergine and garlic and fry for 3 minutes. Add the squash, tomatoes and water. Bring to the boil, then cover and simmer for 20 minutes, until the vegetables are soft. Add the basil, then blend until smooth. For older babies, you can simply mash the vegetables with a fork. Add the Cheddar and stir until melted.



*It is important not to add any salt to your baby's food. Garlic and herbs are a good means of adding flavour.*





## Sweet potato with spinach and peas

Melt the butter in a saucepan and sauté the leeks for 3–4 minutes or until softened, then add the sweet potato. Pour over 200 ml (7 fl oz) water, bring to the boil, then cover and simmer for 7–8 minutes. Add the peas and spinach and cook for 3 minutes.

Purée the vegetables in a blender to make a smooth consistency, adding a little of the cooking liquid if necessary.

 7 MINUTES

 15 MINUTES

 5 PORTIONS

 SUITABLE FOR FREEZING

25 g (1 oz) unsalted butter  
50 g (2 oz) leeks, washed and finely sliced  
375 g (13 oz) sweet potato, peeled and chopped  
50 g (2 oz) frozen peas  
75 g (3 oz) fresh baby spinach, washed and any tough stalks removed



*Combining spinach with a sweet-tasting vegetable, like sweet potato, is a good way to introduce it to your baby. If you wish, you could use broccoli instead of spinach.*



## Chicken and sweetcorn

Heat the oil in a saucepan, add the onion and carrot, and fry for 3 minutes. Add the potato and sweet potato, chicken and sweetcorn, followed by the milk and water. Bring to the boil, cover and simmer for 15 minutes. Blend until smooth, then add the cheese, stirring until melted. Finally, stir in the lemon juice.

 10 MINUTES

 20 MINUTES

 5 PORTIONS

 SUITABLE FOR FREEZING

1 tablespoon sunflower oil  
½ large onion (100 g/  
3½ oz), peeled and  
chopped  
1 medium carrot (100 g/  
3½ oz), peeled and  
chopped  
100 g (3½ oz) potato, peeled  
and cut into chunks  
50 g (2 oz) sweet potato,  
peeled and chopped  
100 g (3½ oz) chicken breast  
fillet, chopped  
100 g (3½ oz) tinned or  
frozen sweetcorn  
150 ml (¼ pint) milk  
150 ml (¼ pint) water  
25 g (1 oz) Parmesan cheese,  
grated  
½ teaspoon lemon juice







## Beef with mushrooms, parsnip and sweet potato

Heat the oil in a saucepan. Add the onion and beef, and fry for 5 minutes. Add the mushrooms, carrot and parsnip, and fry until softened. Add the stock, thyme and tomato purée. Bring to the boil, then cover and simmer for 20 minutes.

Blend until smooth, then add the cheese and stir until melted.

 10 MINUTES

 30 MINUTES

 6 PORTIONS

 SUITABLE FOR FREEZING

1 tablespoon sunflower oil  
½ large red onion (100 g/  
3½ oz), peeled and chopped  
150 g (5 oz) minced beef  
50 g (2 oz) chestnut  
mushrooms, washed  
and chopped  
1 medium carrot (100 g/  
3½ oz), peeled and chopped  
1 large parsnip (150 g/5 oz),  
peeled and chopped  
400 ml (14 fl oz) unsalted  
beef stock  
1 teaspoon chopped thyme  
1 tablespoon tomato purée  
25 g (1 oz) mature Cheddar  
cheese, grated



*Red meat provides the best and most easily absorbed source of iron.*





## Growing Independence

**Around the age of nine months – a time of growing independence – you may notice that your baby is keen to feed himself. It's also not unusual, towards the end of the first year, for babies who started off as good eaters to become more fussy. This is because a baby's weight gain slows down dramatically at this stage, and this often means their appetite decreases. Your baby may well be mobile by now, and will therefore be far too busy moving around and showing off his new skills to want to be strapped into a chair and spoon fed.**

In this chapter, you will find a selection of recipes to encourage your baby to feed himself, while ensuring that he continues to enjoy lots of new and interesting foods.

Your baby's motor skills will be improving fast and it's likely that he will now be able to pick up objects between his thumb and fingers, rather than using a grabbing action. However, these skills won't yet be fine-tuned and will need a bit of practice. Give your baby finger foods to hold, and a small spoon or fork that he can grip easily. Put hid food in a bowl with a suction pad and let him try scooping the food into his mouth. A lot of food will end up on the floor (I would advise putting a plastic splash mat under the chair), and he will probably use his hands to eat even the messiest foods, but the more he plays with the food, the sooner he will learn to feed himself.

## Risotto with butternut squash

🕒 10 MINUTES

🕒 25 MINUTES

🍽️ 4 PORTIONS

❄️ SUITABLE FOR FREEZING

25 g (1 oz) unsalted butter

1 small onion (50 g/2 oz),  
peeled and chopped

110 g (4 oz) basmati rice

450 ml (¾ pint) boiling  
water

150 g (5 oz) butternut  
squash, peeled, deseeded  
and chopped

225 g (8 oz) ripe tomatoes,  
skinned, deseeded and  
chopped

50 g (2 oz) Cheddar cheese,  
grated

Melt half the butter in a saucepan and sauté the onion until softened. Stir in the rice until well coated. Pour over the boiling water, cover the pan and cook for 8 minutes over a high heat. Stir in the butternut squash, reduce the heat and simmer, covered, for about 12 minutes or until the water has been absorbed.

Meanwhile, melt the remaining butter in a small saucepan, add the tomatoes and sauté for 2–3 minutes. Stir in the cheese until melted, then stir the tomato and cheese mixture into the cooked rice.

*Butternut squash is rich in betacarotene, the plant form of vitamin A, which helps protect against cancer and will boost your baby's immune system.*



#### Decoration

3 cherry tomatoes, halved  
6 short chive strips  
3 small red-pepper triangles  
6 basil leaves  
a few green beans, cooked  
a handful of rosemary leaves

## Mini fish pie

Bring a pan of water to the boil, add the potatoes and simmer for about 20 minutes, until tender. Drain and mash with 25 g (1 oz) of butter and 1½ tablespoons of milk, until smooth.

Meanwhile, melt 15 g (½ oz) butter in a saucepan, add the onion and tomato and sauté until softened. Add the flour and stir over the heat for 30 seconds. Add the fish, parsley and bay leaf. Pour over the remaining milk and simmer for about 4 minutes, until the fish is cooked. Remove the bay leaf and stir in the cheese until melted.

Divide the fish mixture between 3 ramekin dishes (about 10 cm/4 in diameter) and top with the potato. Dot with a little butter and place under a preheated grill for a few minutes, until golden.

You could decorate each pie to make a cat's face. Cut the cherry tomatoes in half, and place a short strip of chive in the centre of each one to make the cat's eyes. Cut a triangle shape from the pepper for the nose. Make the mouth using short lengths of fine green beans and finish off with basil leaves for the ears and rosemary for the whiskers.

🕒 15 MINUTES

🕒 30 MINUTES

🍽️ 3 MINI FISH PIES

❄️ SUITABLE FOR FREEZING


375 g (13 oz) potatoes, peeled and cut into chunks  
40 g (1½ oz) unsalted butter, plus extra for grilling  
1½ tablespoons milk, plus 100 ml (3½ fl oz)  
25 g (1 oz) onion, peeled and finely chopped  
1 ripe tomato, skinned, deseeded and chopped  
1 tablespoon flour  
125 g (4½ oz) cod fillet, skinned and cubed  
125 g (4½ oz) salmon fillet, skinned and cubed  
1 teaspoon chopped parsley  
1 bay leaf  
40 g (1½ oz) Cheddar cheese, grated



## Mini banana bran muffins

 10 MINUTES

 12 MINUTES

 24 MUFFINS

 SUITABLE FOR FREEZING

50 g (2 oz) Bran Flakes  
75 ml (2½ fl oz) warm milk  
1 medium banana, peeled  
and mashed  
1 egg yolk  
50 ml (2 fl oz) sunflower oil  
50 g (2 oz) raisins  
60 g (2 oz) soft light brown  
sugar  
60 g (2 oz) wholemeal plain  
flour  
½ teaspoon bicarbonate  
of soda  
½ teaspoon baking powder  
½ teaspoon ground  
cinnamon  
¼ teaspoon ground ginger

Preheat the oven to 180°C/350°F/Gas 4. Line two 12-hole mini-muffin tins with paper cases.

Mix together the Bran Flakes, milk and banana and leave to stand for 5 minutes. Transfer to a food processor and add the egg yolk, oil, raisins and sugar. Whiz for a minute to combine. Add the remaining ingredients and pulse to combine. Spoon into the mini-muffin cases (about 1 tablespoon for each mini muffin). Bake for 12–14 minutes, until risen and firm to the touch.

Remove from the oven and allow to cool for 5 minutes, then transfer to a wire rack until cold.

Baked muffins are best stored frozen in an airtight container or freezer bag. Defrost for around 30 minutes at room temperature.

*These muffins are a great way to use up the odd brown banana lurking in the bottom of the fruit bowl. They are wonderful warm for breakfast or for a teatime snack.*







*To freeze, lay the uncooked fish fingers on a baking sheet lined with clingfilm. Cover with clingfilm and freeze for 2 hours, until firm. Transfer to a freezer bag. Cook from frozen as described on the right (the cooking time is the same). Not suitable for reheating.*

## Krispie fish fingers with lemon-mayo dip


Cut the fish into little finger-size pieces. Cover and place in the fridge. Put the Rice Krispies, Parmesan and paprika in a food processor, and whiz to fine crumbs. Transfer to a plate and stir in a little black pepper. Spread out the flour on a separate plate.


Toss each of the fish pieces in the flour, dunk in the egg and roll in the Krispie crumbs until well coated. Place them on a clean plate. Cook them straight away or freeze as described in the box on the left.

To cook, heat the oil in a large frying pan and add the fish fingers. Fry for 1½–2 minutes on each side, until golden and cooked through. Transfer to a plate lined with kitchen paper to cool slightly before serving.

To make the dip, mix all the ingredients together in a small bowl. Serve with the fish fingers.

 20 MINUTES

 3–4 MINUTES

 6–8 PORTIONS

 SUITABLE FOR FREEZING  
(UNCOOKED)

225 g (8 oz) skinless sole  
or plaice fillets  
45 g (1½ oz) Rice Krispies  
3 tablespoons Parmesan  
cheese, freshly grated  
¼ teaspoon paprika  
freshly ground black pepper  
2 tablespoons plain flour  
1 egg, beaten  
2–3 tablespoons sunflower  
oil, for frying

### For the dip

2 tablespoons mayonnaise  
2 tablespoons Greek  
yoghurt  
1 teaspoon fresh lemon juice



## Toddler Meals

**Once babies enter the toddler years, things often change quite a bit in the eating department. In an ideal world, our children would happily eat a varied, healthy diet giving them all the nutrients and vitamins they need during this period of growth. However, I find that, at this stage, babies want to assert their independence, and getting them to eat the nutritious fare that's put in front of them may be a trial**

From the age of one year, your toddler will be keen to feed herself, her fingers often being the eating tools of choice. It's a good idea to let her experiment with her fingers and toddler cutlery; it won't come naturally, so needs a little practice. This may mean you have to brace yourself for a bit of mess. If your toddler struggles to get the hang of using a spoon to begin with, try giving soft finger foods.

Children under the age of five need more dietary fat than adults, so avoid giving low-fat varieties of foods such as milk, yoghurt and cheese. High-fibre foods are also inappropriate, as they can hinder the absorption of vitamins and minerals.

If you're bringing your child up as a vegetarian, make sure her diet includes sources of protein such as eggs, cheese and pulses. As she isn't eating red meat, you will also need to ensure that she's getting enough iron from other sources, such as lentils or leafy green vegetables. These need to be accompanied by a good source of vitamin C, in order for the iron to be well absorbed.

- 15 MINUTES
- 15 MINUTES
- 4 PORTIONS
- SUITABLE FOR FREEZING

350 g (12 oz) macaroni  
4 medium tomatoes,  
skinned (see box, below),  
seeded and chopped  
75 g (3 oz) sliced ham,  
shredded (optional)

#### Cheese sauce

45 g (1½ oz) butter  
45 g (1½ oz) flour  
450 ml (¾ pint) milk  
85 g (3 oz) Gruyère cheese,  
grated  
60 g (2 oz) Parmesan  
cheese, grated  
150 g (5 oz) mascarpone  
cheese

#### Topping

40 g (1½ oz) breadcrumbs,  
from 2 medium slices  
white or wholemeal  
bread, crusts removed  
20 g (¾ oz) Parmesan  
cheese, grated

## Mighty maë and cheese

Cook the macaroni according to the packet instructions.

Meanwhile, make the cheese sauce. Melt the butter in a saucepan, stir in the flour and cook for 1 minute, stirring constantly. Gradually add the milk and stir over a low heat for 5–6 minutes. Remove from the heat and stir in the Gruyère and Parmesan until melted, then the mascarpone.

Grease an ovenproof dish (about 26 x 17 x 5 cm/ 10¼ x 6¾ x 2 in) and preheat the grill to High. Drain the pasta and return to the pan. Pour over the cheese sauce and heat through gently. Stir in the tomatoes and ham, if using. Transfer to the prepared dish.

Mix together the topping ingredients and sprinkle on top. Heat under the grill until golden and bubbling.

*To remove the skin from a tomato, cut a cross in the base using a sharp knife. Put in a bowl and cover with boiling water. Leave for 1 minute. Drain and rinse in cold water. The skin should peel off easily.*







## Puff-pastry pizzas

Preheat the oven to 200°C/400°F/Gas 6. Roll out the pastry to form a 20 x 25 cm (8 x 10 in) rectangle. Divide the pastry into quarters and place on a baking sheet. Prick the pizza bases with a fork.

Mix the cream cheese and pesto together and spread over the pizza bases. Arrange the tomato slices on top, then the basil, and sprinkle with the cheese. Bake for 15–20 minutes, until puffed up and golden brown.

- 🕒 10 MINUTES
- 🕒 15–20 MINUTES
- 🍷 4 SMALL PIZZAS
- ❄️ SUITABLE FOR FREEZING

250 g (9 oz) puff pastry  
(shop-bought is fine)  
1 tablespoon cream cheese  
1 tablespoon pesto  
4 tomatoes, washed and sliced  
a few fresh basil leaves, chopped  
100 g (3½ oz) mature Cheddar cheese, grated

*Cheese is particularly beneficial at the end of a meal, as it raises the calcium concentration in plaque. Protein from cheese is also absorbed onto the enamel surface of the teeth and physically slows down tooth decay.*





# Turkey pasta salad

- 🕒 10 MINUTES
- 🕒 10 MINUTES
- 👥 2-3 PORTIONS
- ❄️ NOT SUITABLE FOR FREEZING

50 g (2 oz) pasta shapes  
50 g (2 oz) broccoli florets,  
washed  
100 g (3½ oz) turkey or  
chicken breast fillet,  
cooked and chopped  
100 g (3½ oz) tinned or  
frozen sweetcorn  
2 tomatoes, skinned (*see  
box, right*), deseeded  
and chopped, or 6 cherry  
tomatoes, washed and  
halved  
2 spring onions, thinly sliced

## Dressing

3 tablespoons light olive oil  
1 tablespoon runny honey  
1 tablespoon soy sauce  
1 tablespoon freshly  
squeezed lemon juice

Cook the pasta following the packet instructions.  
Steam the broccoli florets for 5 minutes.





Meanwhile, whisk together all the ingredients  
for the dressing.

Put the turkey or chicken, sweetcorn, tomatoes  
and spring onions into a bowl, together with the  
drained pasta, and toss with the dressing.

*To remove the skin from a tomato, cut a cross  
in the base using a sharp knife. Put in a bowl  
and cover with boiling water. Leave for 1 minute.  
Drain and rinse in cold water. The skin should  
peel off easily.*



## Carrot and pea risotto

-  10 MINUTES
-  20 MINUTES
-  4-6 PORTIONS
-  SUITABLE FOR FREEZING

1 tablespoon olive oil  
1 onion (about 140 g/5 oz),  
peeled and chopped  
1 carrot (about 100 g/3½ oz),  
peeled and chopped  
1 courgette (about 200 g/  
7 oz), washed, topped and  
tailed, and chopped  
2 garlic cloves, crushed  
125 g (4½ oz) risotto rice  
450 ml (¾ pint) chicken  
stock  
50 g (2 oz) frozen peas  
50 g (2 oz) Parmesan cheese,  
grated  
2 tablespoons chopped basil  
juice of half a lemon

Preheat the oven to 170°C/325°F/Gas 3. Heat the olive oil in an ovenproof saucepan or casserole dish. Add the onion, carrot and courgette, and fry for 2 minutes. Add the garlic and rice, then blend in the stock. Bring to the boil, cover and transfer to the oven for 10 minutes. Add the peas and return to the oven for 5 minutes, until the rice is just cooked. Finally, stir in the Parmesan, basil and lemon.

*Carrots do improve night vision. They are a great source of betacarotene, which is formed in the body into vitamin A – one of the first symptoms of vitamin A deficiency is night blindness.*



OUT  
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New Baby & Toddler  
Recipe App Today!



## REAL FOOD KIDS WILL LOVE

Packed full of advice, top tips and over 100 simple and delicious recipes which the whole family can enjoy together, Annabel's NEW Real Food Kids Will Love cookbook is a kitchen essential. From 15 minute meals to healthy fast food favourites, cooking with the kids, lunchbox snacks and more, you'll have family mealtimes well and truly covered.

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## THE NEW COMPLETE BABY & TODDLER MEAL PLANNER

A global bestseller, this is the No.1 cookbook for babies and toddlers, with over 4 million copies sold. Annabel's special 25th Anniversary edition is filled with new recipes, timeless classics, advice, planners and a handy weaning chart.

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## Family Meals

**Ferrying the children to ballet lessons and football practice, keeping up with busy social schedules and a hectic workload – modern lives tend to be extremely busy. Unsurprisingly, for many families, sitting down together to a home-cooked meal can be a rarity.**

It's no easy task juggling work life with keeping a happy family, but rushing around, 'making do' and grabbing food on the go can all lead to unhealthy eating habits, such as snacking, skipping meals, eating fast food and fussy eating. Making a success of dinnertime doesn't have to be expensive or time-consuming (and you don't have to be a cordon bleu chef!)

Whether you're short on time or simply fed up with the same old meals, week after week, try this delicious selection of healthy recipes for inspiration. They are sure to put the spark back into mealtimes and bring the whole family running to the dinner table.







## My favourite pizza


First, make the dough. Put all the dough ingredients in a large bowl and mix together until they form a ball. Transfer to a floured work surface and knead for 5 minutes. Place the dough in an oiled bowl, cover with clingfilm and leave to prove for 1 hour.

Meanwhile, make the sauce. Heat the oil in a saucepan and add the onion, garlic, pepper and courgette. Fry for 5 minutes, then add the tinned tomatoes, tomato purée and sugar. Bring to the boil, then simmer for 15 minutes, until the vegetables are soft and the sauce is thick. Whiz until smooth using an electric hand blender.

Preheat the oven to 220°C/430°F/Gas 7. Roll out the dough to form a large circle (about 28 cm/11 in in diameter), then transfer to a baking sheet. Spread over the tomato sauce and top with the sliced tomato and cheeses. Sprinkle over the basil. Bake for 15–18 minutes, until the base has risen and the topping is golden brown.

 30 MINUTES, PLUS 1 HOUR FOR PROVING

 20 MINUTES

 8 SLICES

 SUITABLE FOR FREEZING

1 tablespoon olive oil  
1 onion, peeled and finely chopped  
2 garlic cloves, crushed  
½ red pepper, deseeded and diced  
½ courgette, diced  
400 g (14 oz) tinned chopped tomatoes  
3 tablespoons tomato purée  
a pinch of sugar  
4 plum tomatoes, sliced  
100 g (3½ oz) Cheddar cheese, grated  
425 g (15 oz) mozzarella cheese, sliced  
a few basil leaves, chopped

### Dough

250 g (9 oz) strong white flour  
½ teaspoons dried yeast  
½ teaspoon salt  
200 ml (7 fl oz) water  
1 tablespoon olive oil

- \* 5 MINUTES
- 20 MINUTES
- 4 PORTIONS
- SUITABLE FOR FREEZING

4 x 125 g (4½ oz) cod fillets,  
skinned  
olive oil, for brushing  
salt and pepper  
50 g (2 oz) white  
breadcrumbs  
1 tablespoon snipped chives  
¼ teaspoon lemon zest  
25 g (1 oz) Parmesan cheese,  
grated  
paprika, for topping

#### Salsa

2 tomatoes, deseeded and  
diced  
2 spring onions, sliced  
1 tablespoon chopped chives  
1 tablespoon chopped basil  
1 tablespoon rice wine  
vinegar  
2 tablespoons olive oil  
a pinch of sugar

## Cod fillets with tomato salsa

Preheat the oven to 200°C/400°F/Gas 6.

Put the cod fillets on a greased baking sheet, brush with the oil and season. Combine the breadcrumbs, chives, lemon zest and Parmesan and sprinkle over the cod. Top with paprika.

Bake for 10 minutes, until just cooked, lightly golden and crisp.


Mix together all the salsa ingredients and serve with the fish.





## Roast chicken and herb stuffing

 15 MINUTES

 2–2½ HOURS

 4–6 PORTIONS

 NOT SUITABLE FOR FREEZING

Preheat the oven to 220°C/430°F/Gas 7. Rub olive oil over the chicken, then squeeze over some lemon juice and put the remaining lemon inside the cavity with the onion and herbs. Season to taste. Put the chicken in a roasting tin and roast for 20 minutes per 500 g (1 lb), plus 20 minutes extra.

To make the stuffing, heat the sunflower oil and sauté the onions for 5–6 minutes. Add the remaining ingredients and season. Spoon into a greased dish and bake for 25–30 minutes, until golden and crisp.

Put the cooked chicken on a plate and keep warm. Add flour to the juices in the tin, heat on the hob and stir, then blend in the stock, Worcestershire sauce and sugar. Heat through and sieve into a jug.

olive oil  
1 medium chicken  
1 lemon  
½ onion  
a few sprigs of thyme  
a few sprigs of sage  
salt and pepper

### Stuffing

2 tablespoons sunflower oil  
3 medium onions, peeled  
and chopped  
200 g (7 oz) coarse fresh  
breadcrumbs  
1 tablespoon chopped sage  
1 tablespoon chopped thyme  
1 tablespoon chopped chives  
100 ml (3½ fl oz) olive oil

### Gravy

2 tablespoons plain flour  
600 ml (1 pint) chicken stock  
1 teaspoon Worcestershire  
sauce  
a pinch of sugar



# Pasty lentil pie

🕒 15 MINUTES

🕒 35–40 MINUTES

👤 4 PORTIONS

❄️ SUITABLE FOR FREEZING

350 g (12 oz) potatoes,  
peeled and cut into 5 mm  
(¼ in) slices  
1 tablespoon olive oil  
1 red onion, peeled and  
chopped  
½ red pepper, deseeded and  
chopped  
1 small courgette, topped  
and tailed, and chopped  
2 garlic cloves, crushed  
75 g (3 oz) red lentils  
400 g (14 oz) tinned  
chopped tomatoes  
200 ml (7 fl oz) vegetable  
stock  
2 teaspoons sun-dried  
tomato paste  
salt and pepper  
6 tablespoons double cream  
50 g (2 oz) Cheddar cheese,  
grated

Cook the potatoes in boiling water for about 7 minutes, until just cooked. Preheat the oven to 220°C/430°F/Gas 7.

Meanwhile, heat the oil in a saucepan and fry the onion, pepper and courgette for 4 minutes. Stir in the garlic and lentils, then add the tomatoes, stock and sun-dried tomato paste. Bring to the boil, cover and simmer for 15–20 minutes, or until the lentils are cooked. Season and spoon into an ovenproof dish.

Drain the potatoes and arrange on top of the lentils. Pour over the cream and sprinkle with the cheese. Bake for 15 minutes, until lightly golden and bubbling.

*Lentils are an excellent source of protein, iron, selenium and potassium, and are therefore an ideal food for vegetarians.*





## Thai chicken with butternut squash

🕒 15 MINUTES

🕒 35–40 MINUTES

🍽️ 2 PORTIONS

❄️ SUITABLE FOR FREEZING

Heat 1 tablespoon of the oil in a saucepan. Add the onion, ginger and garlic and sauté over a low heat for 8–10 minutes, until softened. Add the curry paste and flour and fry for 1 minute. Blend in the coconut milk, stock or water, fish sauce, sugar and lime zest and juice. Bring to the boil and simmer for 5 minutes. Add the lemongrass and butternut squash, then cover and simmer for another 5 minutes.

Heat the remaining oil in a frying pan and brown the chicken, then add to the sauce and simmer for 5–6 minutes, until cooked through. Remove the lemongrass.

Add the spring onions and garnish with coriander leaves. Serve with jasmine rice and mini poppadums.

2 tablespoons sunflower oil  
2 onions, peeled and sliced  
15 g (½ oz) fresh root ginger, peeled and crushed  
1 garlic clove, crushed  
2 tablespoons Thai red curry paste  
1½ tablespoons plain flour  
400 ml (14 fl oz) coconut milk  
300 ml (½ pint) chicken stock or water  
2–3 teaspoons fish sauce  
2 teaspoons brown sugar  
zest and juice of ½ a lime  
½ lemongrass stalk, bashed  
110 g (4 oz) butternut squash, peeled, deseeded and diced  
2 chicken breasts, cut into chunks  
2 spring onions, sliced  
coriander leaves, to garnish

