

MY WEANING COOKBOOK

Dinner

Baby's Christmas dinner

Cook time: 20 mins
Servings: 2-3
Freezable: Yes
Suitable for: 6 months +
Allergens: Free-from 14 allergens

Ideal for
baby's first
purée



Provided by


SR Nutrition
CHARLOTTE STIRLING-REEC

 AllergyUK

Ingredients

- 150 g mashed or minced cooked turkey or swap for ¼ cup of lentils
- ¼ onion chopped finely
- 1 small potato, peeled & chopped finely
- ¼ cup of cabbage
- ¼ small swede, peeled & chopped finely
- 2-3 sprouts, chopped
- a dash of olive oil
- A dash of baby's usual milk

Method

1. Cook the onions in some olive oil until it is slightly brown
2. Then add the potato, sprouts and swede and cook for a further 5 minutes before adding the cabbage
3. Cook on a low heat until all vegetables are soft
4. Use a fork to mash the cooked turkey and add it to the vegetable mixture
5. Blend or mash (along with a dash of baby's usual milk) to desired texture, depending on your little one's weaning stage. Add more milk to make the mixture thinner or just a little milk to make the texture nice and thick.

Allergen information

Free-from the 14 allergens

Great for...

- Serving in various ways; can be puréed, mashed, soft cooked as finger food or given whole
- Introducing vegetables; they are the best foods to offer babies first
- Eating together as a family; including children at your meal times helps them with development and food acceptance

My notes:
