

MY WEANING COOKBOOK

Dinner

Chickpea and spinach one pot

Cook time: 30 mins
Servings: 2-4
Freezable: Yes
Suitable for: 6 months +
Allergens: Free-from 14 allergens

Ideal for
all the family
to enjoy



Provided by

SR Nutrition
CHARLOTTE STIRLING-REEC

 **AllergyUK**

Ingredients

- 2 tsp extra virgin olive oil
- 1 large clove of garlic, crushed
- ½ tsp of paprika
- 1 tbsp oregano
- 1 tin of chickpeas drained and rinsed
- ½ a tin of sweetcorn
- 1 tin of chopped tomatoes
- 2 handful of chopped spinach (can mash or blend if needed)
- A handful of coriander to dress

Method

1. Add the olive oil to a pan and slowly heat
2. Add the garlic, paprika and oregano and stir well for a few seconds on the heat
3. Add the rest of the ingredients and stir together well
4. Bring the mixture to the boil with a lid on and then turn the heat to a simmer and cook for 5-10 minutes or until the mixture thickens a little and the spinach has wilted (you might want to add a little water to the mixture if it does start to dry out or if you like it to be a little more watery).
5. Mash or blend for younger babies if needed
6. Serve with some brown rice or a wholemeal pitta bread

Allergen information

Free-from the 14 allergens

Great for...

- Eating together as a family; including children at your meal times helps them with development and food acceptance
- A balanced meal to encourage healthy eating
- Introducing a range of savoury flavours
- Developing babies pincer grasp through feeding themselves
- Mashing up for little ones who are not yet ready for finger foods

My notes:
