

MY WEANING COOKBOOK

Dinner

Creamy lentil and butternut squash mash

Cook time: 20 mins
Servings: Around 2 portions
Freezable: Yes
Suitable for: 6 months +
Allergens: Milk

Ideal for
baby's first
purée



Provided by

SR Nutrition
CHARLOTTE STIRLING-REEC

AllergyUK

Ingredients

- A dash of olive oil for the pan
- Small pinch of dried coriander leaves
- Small pinch of cumin
- 180g butternut squash – peeled and chopped into small chunks
- 30g dried red split lentils, rinsed
- 150mls water
- 1 tbsp of Greek or natural **yogurt** or replace with water or baby's usual milk

Method

1. Heat the oil in a pan on a medium heat and, once warmed, add in the coriander and cumin and stir for a few seconds
2. Add the lentils and the butternut squash and mix with the oil and herbs for a minute or so
3. Once well mixed, add around 150mls of water to the pan, pop a lid on and bring the mixture to the boil
4. Once boiling, turn down the heat to a simmer and allow the mixture to cook for around 10 minutes or until the butternut squash is soft. You might want to take the lid off and give the mixture a stir every few minutes, and if the mixture is getting dry, add a little splash more water.
5. Once the mixture is soft, remove it from the heat and add the yogurt
6. Give the mixture a stir and then mash with a potato masher or a fork (you can blend it with a hand blender if you'd prefer it smooth)
7. If you want the mixture smoother or slightly more liquid you could always add a splash of baby's usual milk which will help in the cooling down process too

Allergen information



Milk

(dairy free alternative available)

Great for...

- Introducing textures when weaning with purées; you can alter the texture to make it as smooth or lumpy as you want just by adding more or less water and more or less yogurt
- Introducing a range of savoury flavours
- Introducing vegetables; they are the best foods to offer babies first
- A source of iron (lentils) which is important to include in babies diet from around 6 months of age

My notes:
