

# baby comes 2 baby equipment hire



## Weaning recipes – savoury

All recipes make 4-5 portions, so you can freeze the remainder for use another time.

### Sweet potato with spinach and peas

butter	20g
leeks	1 small finely sliced
sweet potato	1 medium peeled and chopped
water	200ml
frozen peas	50g

Melt the butter in a saucepan and sauté the leek for 2-3 minutes until softened. Add the sweet potato. Pour over the water, bring to the boil, then cover and simmer for 8 minutes. Add the peas and spinach and cook for 3 minutes. Puree the vegetables in a blender to a smooth consistency.

### Watercress, potato and courgette

potatoes	1 large (peeled and diced)
	300ml (fresh not from a stock cube)
vegetable stock	
courgettes	1 medium chopped
watercress	50g stalks removed
milk (either wholemilk or formula)	2 tablespoons

Put the potato in a saucepan, cover with the stock and cook for 5 minutes. Add the courgette and cook for a further 5 minutes. Add the watercress and cook for another 3 minutes. Puree in a blender until smooth.

### Sweet vegetable medley

carrots	1 medium (peeled and chopped)
butternut squash or pumpkin	100g (peeled and chopped)
potatoes	1 medium (peeled and chopped)
parsnip	1 medium (peeled and chopped)
milk (either wholemilk or formula)	300ml

Put the vegetables in a saucepan with the milk. Bring to the boil and then simmer for 25 minutes until the vegetables are tender. Remove the vegetables

with a slotted spoon and place in a blender, add enough of the cooking liquid to make a smooth consistency.

## Leek and potato puree

butter	25g
leeks	1 finely sliced
potatoes	1 large (peeled and chopped)
vegetable stock	300ml (fresh)
Greek yoghurt	2 tablespoons (full fat)

Heat the butter in a saucepan, add the leeks and cook over a low heat for 5 minutes. Add the potatoes and pour over the stock. Cover and cook for about 12 minutes until tender. Remove the vegetables with a slotted spoon and place in a blender, add enough of the cooking liquid to make a smooth consistency. Stir in the yoghurt.

## Lentil medley

onions	1/2 small
carrots	1 medium (peeled and chopped)
celery	1/2 stick finely sliced
vegetable oil	1 tablespoon
split red lentils	50g
sweet potato	1 medium (peeled and chopped)
vegetable stock	400ml (fresh not from a stock cube)

Heat the vegetable oil in a pan and sauté the onion, carrot and celery for 5 minutes until softened. Add the lentils and sweet potato and pour over the stock. Bring to the boil and then cover and simmer for 20 minutes. Puree in a blender.

## Fish with spinach and cheese

white fish fillets	225g
milk	for poaching
butter	1 teaspoon for poaching
frozen spinach	175g
butter	25g
plain flour	25g
milk	300ml
Gruyere cheese	50g grated

Heat the milk and butter for poaching the fish in a saucepan, add the fish and cook for 5 minutes. Meanwhile wilt the spinach in a little water in another saucepan. Squeeze out the excess water. To make the cheese sauce, melt the butter in a saucepan, add the flour to form a paste, whisk in the milk and stir until thickened. Remove from the heat and stir in the cheese to melt. Place the fish, spinach and cheese sauce into a blender and puree.

## Chicken with sweet potato and apple

butter	20g
onions	1/2 medium (peeled and chopped)
skinless chicken breast	125g chopped
apples	1 small (peeled and chopped)
sweet potato	1 medium (peeled and chopped)
vegetable stock	200ml

Melt the butter in a saucepan, add the onion and sauté for 2-3 minutes. Add the chicken pieces and cook until they turn opaque. Add the apple, sweet potato and stock, bring to the boil, then cover and allow to simmer for 15 minutes. Place all the ingredients in a blender and puree.

## Tomato basil pasta

butter	25g
onions	1/2 medium (peeled and chopped)
chopped tomatoes	1/2 x 400g can
fresh basil	2-3 leaves torn
soft cheese	1 tablespoon
tiny pasta shapes	100g

Cook the pasta according the packet instructions. Melt the butter in a saucepan and sauté the onion until softened. Add the tomatoes and cook for another 3 minutes. Stir in the basil and cheese and heat through. Place the pasta and sauce in a blender and puree to a rough consistency.

## Weaning recipes with fruits

### Peach, pear and apple

apples	2 medium (peeled and chopped)
apple juice	2 tablespoons
peaches	2 medium (peeled and chopped)
pears	2 medium (peeled and chopped)

Put the apple pieces in a saucepan, add the apple juice, cover and cook for 5 minutes. Add the peach and pear and cook for another 3 minutes. Puree in a blender.

### Peach and banana

peaches	2 medium (peeled and chopped)
bananas	2 medium sliced
apple juice	2-3 tablespoons
baby rice	2 tablespoons

Put the peach, banana and apple juice into a saucepan and simmer for 2-3 minutes. Puree in a blender and thicken with a little baby rice if necessary.

### **Apricot and pear**

apricots                5 peeled and chopped  
pears                    2 medium (peeled and chopped)  
Greek yoghurt        2 tablespoons

Put the apricot and pear in a saucepan, add a little apple juice and simmer for 2-3 minutes. Allow to cool and then puree in a blender. Place the puree in a bowl and stir in the yoghurt.

### **Papaya, apricot and mango**

papaya                1 peeled, deseeded and chopped  
mango                1 peeled and chopped  
apricots               5 peeled and chopped  
apple juice           2-3 tablespoons

Put the all the ingredients into a saucepan and simmer for 2-3 minutes. Puree in a blender and thicken with a little baby rice if necessary.

### **Melon and pear**

melon                 1/2 small flesh diced  
pears                  2 medium peeled and chopped  
vanilla yoghurt     200g

Put the melon and pear in a saucepan, add a little apple juice and simmer for 2-3 minutes. Allow to cool and then puree in a blender. Place the puree in a bowl and stir in the yoghurt.

### **Banana and blueberry**

blueberries            4 tablespoons  
bananas                2 medium sliced  
blueberry yoghurt    200g

Place the ingredients in a blender and puree to the desired consistency. You can leave bigger lumps for an older baby.

### **Peach, apple and strawberry**

apples                 2 peeled and chopped  
peaches                2 peeled and chopped  
strawberries         10 crushed  
baby rice              2 tablespoons

Place the apple pieces in a saucepan, add a little apple juice, cover and simmer for about 5 minutes. Add the peach and strawberries and cook for another 3 minutes. Place all the ingredients in a blender, puree and then stir in the baby rice to thicken.

## **Yoghurt, mango and banana**

mango	1 medium peeled and chopped
bananas	2 medium sliced
Greek yoghurt	200g

Place the ingredients in a blender and puree to the desired consistency. You can leave bigger lumps for an older baby.