



## Broccoli, Chicken and Potato Sausages



### Great Because...

In the summer, eating on the go is to be expected more than in the winter, with park visits and garden picnics, so it's good to have some summer baby led meal ideas that can also be used as finger foods.

Prepare in... **40 mins**

Cooks in... **approx 30 mins**

Serves... **4 toddler portions**

### Ingredients

- 75g broccoli florets
- 110g cooked mashed potato (cold)
- 25g cheese (finely grated)
- 1 spring onion
- 60g cooked chicken (Shredded)
- 40g dried breadcrumbs
- 1 egg, beaten

### How To Make

**Put the broccoli into a steamer, or boil, for 5-6 minutes until tender.**

**Leave to cool completely, then finely chop.**

**In a bowl mix the mashed potato, cheese, chicken, spring onion, cooled broccoli, half of the breadcrumbs and half the beaten egg.**

**For babies aged 12+ months, you can add seasoning.**

**Then, shape into 8 sausage shapes and coat in the remaining egg and roll in the remaining breadcrumbs, then chill for 30 minutes.**

**After chilling, heat a little oil in a pan and sauté until golden and heated through.**

