



Easy for you. Fun for baby.

Recipe
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The happy little eater

Yummy Recipes

THE
SENSORY
KITCHEN





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Add flavour when weaning with these tasty recipes!

We are excited to have teamed up with Zenia Deogan (AKA @thesensorykitchen) to give you seven flavoursome recipes using herbs and spices at mealtimes to give your baby an exciting, flavourful sensory weaning experience.

Zenia is a sensory food scientist and nutritionist, and is passionate about creating tasty food that delivers big flavours to little tummies!





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Pink Baby Dhal

Method

1. In a small saucepan, heat ghee, add garlic, ginger and onions. Sauté for few minutes.
2. Add sweet potato, beetroot and lentils and then water to soften and cook.
3. Stirring occasionally, simmer for up to 45 minutes, until all are soft. Add water and mash for desired consistency.
4. Serve with plain yoghurt or on its own.



**Suitable from
6.5 months**

Ingredients:

- 1/2 cup Red Lentils, washed
- 1/2 Onion, chopped small
- 1 medium Sweet Potato, chopped small
- 1 small Beetroot, chopped small
- 1 tbsp Ghee / Unsalted Butter
- 1/s tsp Ginger Garlic Paste
- 1/4 tsp Ground Turmeric
- 1/2 tsp Ground Cumin
- 1.5 cups of water
- Optional - yoghurt



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Baby Pesto with Pasta Ricotta and Nutmeg

Method

1. Cook the pasta in a pan of boiling water as per the instructions on the packet, once ready, drain and set aside.
2. Meanwhile, make the pesto. Place all ingredients in a food processor and blend until thoroughly combined.
3. Add pesto to pasta and stir through the ricotta and nutmeg.

**Suitable from
7 months**

Ingredients:

Pesto

Handful Fresh Basil
Handful Spinach
2 tbsps Parmesan, grated
120ml Olive Oil
1 Garlic Clove
Squeeze of Lemon Juice
Optional – 1 tbsp Nuts of your choice
(Almond / Pistachio / Walnut)

Pasta

½ cup Baby Pasta Stars
1 tbsp Ricotta Cheese
Pinch of Nutmeg

Note: Can be blended to desired consistency





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Veggie-packed Feta Egg Muffins

Method

1. Preheat oven to 180°C and grease muffin tin with oil or butter.
2. Whisk the eggs, milk and nutmeg together. Add the cheese and finely chopped vegetables.
3. Add egg /vegetable mixture to each muffin cup.
4. Bake for 12-15 minutes.
5. Cool and serve.

**Suitable from
7 months**

Ingredients:

- 4 Eggs
- 2 tbsps Milk
- Handful of Spinach, finely chopped
- 1/2 Cup Broccoli Florets, finely chopped
- 1/4 Cup Asparagus, finely chopped
- Small Red Onion, finely chopped
- 1 Sweet Potato, steamed/roasted
- Handful of Crumbled Feta /grated Cheddar Cheese
- 1/2 tsp Mixed Herbs
- Pinch of Nutmeg





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Chicken and Vegetable Quinoa Pilaf

Method

1. Heat saucepan over medium heat, add olive oil, onion and garlic. Next add mixed vegetables, cook until soft (approx. 5-10 minutes).
2. Reduce heat, add and stir in quinoa + water, tomato paste, shredded chicken and parsley.
3. Cover and simmer for further 10 minutes / until all water is absorbed.
4. Stir and garnish with finely chopped fresh mint



Note: Can be blended to desired consistency

**Suitable from
7 months**

Ingredients:

- 2 tsps Olive Oil
- 1/2 Onion, finely chopped
- 1 cup Quinoa (+ 2 cups Water)
- 1 cup Mixed Vegetables – Peas, Green beans, Carrot, Red Pepper, sweet potato
- 1/2 Cup Shredded Chicken, Cooked
- 1 tbsp tomato paste
- 1/2 tsp Garlic, crushed
- 1 tsp dried parsley
- Fresh Mint to garnish, finely chopped



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Broccoli, Tomato, Cheese and Cous Cous Nuggets

Method

1. Pre-heat the oven 190°C. Line a baking tray with grease proof paper.
2. In a saucepan, soften garlic and broccoli in oil
3. Add cous cous and season, followed by tomato paste and grated cheese.
4. Finally combine all ingredients together using egg.
5. Roll and shape, using a tablespoon scoop out mixture to ensure equal sizes.
6. Place on baking tray and bake for 20 minutes until crispy and golden.

**Suitable from
7 months**

Ingredients:

- 3 cups soaked Cous Cous
- Handful of Broccoli Florets (finely chopped)
- 1 Egg / Flax
- 1 tbsp Olive Oil
- 2 tbsp Tomato Paste
- 1 cup Grated Cheddar
- 1 tsp Garlic, crushed
- 1 tsp Mixed Herbs
- 1/2 tsp Paprika





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Method

Crumble

1. Pre-heat the oven to 180°C.

2. Chop apples into small chunks and finely grate carrot.

3. Place into a saucepan and cover with just enough water to cover apple and carrot, bring to the boil. Add cinnamon and reduce the heat to simmer.

4. Stir and break up with a spoon until mushy for 5-10 minutes. Spoon into the base of medium-sized baking dish.

5. Place flour, butter and cinnamon in a small bowl (or food processor) then rub in the butter until it looks like crumbs.

6. Scatter on top of the stewed apple/carrot mixture. Sprinkle ground almonds and desiccated coconut.

7. Bake at 180°C for 20-25 minutes or until the crumble is golden. Once cooked, it will be piping hot so wait for crumble to cool down.

8. Serve warm with a little natural yogurt or cardamom custard.

Cardamom Custard

1. Heat the milk in a small saucepan, add the cardamom and bring it just to the boil

2. While the milk is heating, in a heat-proof bowl whisk the egg yolk and cornflour together to form a paste.

3. Remove the hot milk from the heat and pour this over the egg yolk and cornflour paste, whisking until its well combined

4. Return the milk to the saucepan and continue to heat over a low heat until the custard thickens, stirring regularly

Apple and Carrot Breakfast Crumble with Cardamom Custard

**Suitable from
8 months**

Ingredients

For the Crumble:

3 Large Red Apple, skinned and cored

1 Large Carrot, peeled

1 tbsp Cinnamon

3 tbsp Ground Almonds

2 tsp Desiccated Coconut

25g Unsalted Butter

50g Plain Flour

For the Custard:

165ml cup Milk

1 Egg Yolk

1 tsp Cornflour

Pinch of Cardamom





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Baby Laksa

Method

1. Heat a medium-sized saucepan – add coconut oil, mixed vegetables and ground spices. Sauté for 5-7 minutes.
2. Add coconut milk, cover and simmer for further 5 minutes. Add chicken, noodles/rice at this point.
3. Mash/blend for desired consistency
4. Cool and serve.



Note: Can be blended to desired consistency

**Suitable from
8 months**

Ingredients:

- 1 1/2 cups Mixed Vegetables (Sweet potatoes, Green Beans, Courgette, Broccoli, Cauliflower, Carrot, Red Pepper)
- 200ml Full Fat Coconut Milk
- 1 tbsp Coconut Oil
- 1/4 tsp Turmeric Powder
- 1/2 tsp Mild Curry Powder
- Optional: Cooked Shredded Chicken, Noodles, Rice



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